

One Weekend, One County, 20 million steps 'x2'

We would like to invite you to be part of our 20 million steps weekend on Friday 23rd September – Sunday 25th September.

Help us to make a difference by getting as many people across Northamptonshire walking over the weekend.

We would like you to help by organising your own walking activities over the event weekend, joining in with an organised event or helping us to promote the campaign.

Staying active has real health benefits including:

- maintaining a healthy weight
- reducing blood pressure
- building healthy muscles and bones
- improving balance
- increasing good cholesterol
- reducing the risk of falls

People who stay active get less stressed, sleep better, feel better and have a 30% lower chance of getting depressed.

One of the easiest ways to be more active is through walking - it's a great way for people to increase both their mental and physical wellbeing.

Five reasons to get walking

- It's free – there's no need for expensive gym membership or special clothes
- Walking can be done almost anywhere, at any time, so it's easy to take part
- Walking is perfect for anyone who has poor health or hasn't exercised in a long time as people can start off as slowly as they need
- Walking is sociable, it's a chance to spend time with family or friends
- Walking can also be done alone, and is an opportunity for some time out and space from a busy lifestyle

To register your interest email: Debbie.foster@firstforwellbeing.co.uk

Find out more at: www.northamptonshire.gov.uk/2020