



Want to walk but put off by the cold? We can't make it warmer, but we do have lots of handy tips to get you psyched up to get out there. To find out more or to pledge to walk more please visit our website www.walkingworks.org.uk

Layer up - wear multiple layers of clothing to ensure you start off warm and toasty. You'll probably find as you get going, you'll be stripping some off in no time.

Keep the pace up - a brisk speed will get your blood moving, making you warmer quicker.

Have kissable lips - protect your lips from getting dried out in the cold winds by wearing lip balm.

Better together - walk with a colleague or a friend and see how the time flies.

Keep the volume low - stay aware of your surroundings by keeping the volume down on your music player.

See and be seen - stick to well-lit paths in the darker months, you'll be able to see where you're going and be visible to car drivers and cyclists.

Be a hothead - keep your head warm and the rest of you will be too - wear a hat and scarf so you don't lose the warmth.

Toasty toes - keep your feet from getting cold or wet by wearing socks and sensible shoes (sorry ladies!). Make sure they have a good grip for icy surfaces.

Know the route - before you set off, use www.walkit.com or www.multimap.com, to get walking directions to help you from getting lost.

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