

# WALKING

## 8 MINUTE ACTIVITY

### MOVEMENT ACTIVITY

For this activity get out in nature, walk your dog, be more mindful on your commute or take a walk and get away from your desk at lunchtime, meet a friend.

There is no right or wrong with this activity, as long as you get your blood pumping, you are more conscious of where you are (notice what you see, the colours, the shapes, the architecture) and what you are doing then you will get the benefits.

