

# Five Things on a Friday – National Walking Month by Emma Holt-Golding

May is National Walking Month so we want to get you walking or wheeling

## What are the benefits?



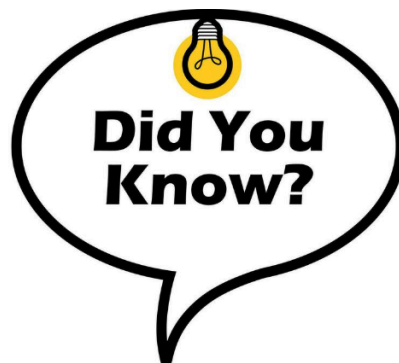
Of course, you don't need a dog to get out there, but it's a good excuse for a cheeky dog picture 🐶

The benefits of walking or wheeling more each day are vast and well-supported by research. It's one of the easiest ways to feel better, both mentally and physically (plus it's free...)

Walking or wheeling can help to clear your head, boost your mood, and increase your energy levels. It's a great way to get some exercise, and can be incorporated into your daily routine.

Whether you're meandering through the park or doing a few laps around the block, it's such a simple habit that can make a big difference.

## Facts and figures



200 muscles are required to walk just one step, and if you take 9,000 steps a day, you'll walk 3.5 times around the Earth in an average lifetime.

Walking sideways burns 78% more calories than walking forwards...you might just look a bit odd though 😊

The longest walkable distance in the world is approximately 14,000 miles. Starting in Cape Town, and ending in Magadan, Russia, it passes through 6 time zones and would take an estimated 587 days walking 8 hours per day to complete.

Somnambulism is the medical term for sleepwalking and approximately 18% of the world's population suffers from it.

### Routes in and around campus

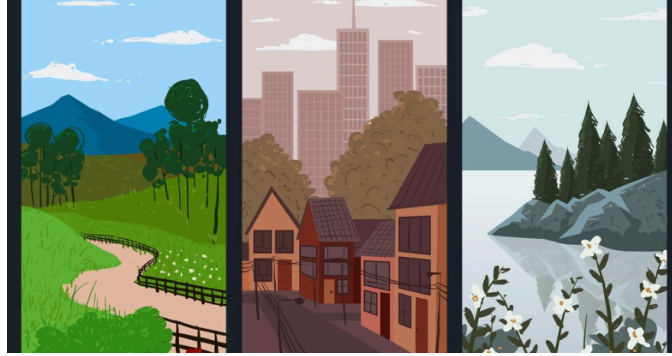


We're so lucky to work on such a beautiful campus and have great walks right on our doorstep - check out this self-guided [Campus Tour](#).

The university also has an amazing [Biodiversity walk](#), where you can explore the areas on campus that are home to ducks, peregrines, squirrels, fish, foxes and (of course) rabbits.

Just outside of campus you'll find the [Meanwood Valley Trail](#). At 7 miles long it's a decent trek, and it'll take you through woodlands, parks and open fields. It starts at Woodhouse Moor, winds its way through Adel Woods and ends at Golden Acre park.

**Not all who wander are lost...**



The [Outdoor Guide](#) has an array of walks to choose from. You can filter by area, wheel-friendly routes, dog-friendly walks and different environments...you can be by a river one day and in a bustling city the next.

If you're into urban walks, why not try the [Leeds Owl Trail accessible walk](#)? Your mission, should you choose to accept it, is to spot the 25 owls that are dotted along the 2-mile route...

If you yearn for the countryside, but need to avoid those tricky stiles, look for walks designated 'Miles without Stiles' - check out stile-free walks in the [Yorkshire Dales](#)\*

(\*other counties are available 😊)

### Need some inspiration?



The UK charity for everyday walking, [Living Streets](#), is inviting people to discover the magic of walking.

They've launched their [#Try20 challenge](#) to encourage people to walk or wheel for 20 minutes every day during May, and have 20 tips to help you with that.

Here's a few to get you going:

- Try walking meetings
- If you work from home, try a 'fake' commute at the beginning or end of your day
- Listen to music or a podcast while you walk (just be sure to stay mindful of your surroundings when wearing headphones)

Visit [#Try20 challenge](#) to check out the rest.

[Health, Safety & Wellbeing Resources](#) | [Employee Assistance Program](#)