



May- British Heart Foundation and national walking month

National Walking Month



Did you know that May is National Walking Month? So why not help celebrate by organising your own walk this May and raise money for our life saving research.

[Search JUST WALK for more info](#)

Why walk?

Being active helps reduce your risk of developing a heart or circulatory condition, as well as having a stroke, type 2 diabetes, obesity and osteoporosis.

In addition to these amazing health benefits, here are 9 great reasons to get outside and walk:

- **Feel more energetic**
- **Get a healthier body shape and appearance**
- **Control your weight**
- **Feel less stressed**
- **Increase your self-confidence**
- **Sleep more easily**
- **Enjoy your surroundings**
- **Meet people and make new friends through walking groups**
- **Save money**

Walk to School Week



From Monday 16 May to Friday 20 May, why not take part in Walk to School Week. During this week, we're asking teachers, parents and children to put their best foot forward and challenge themselves to walk to school each day.

Keep those nominations coming in...



Taking steps

You could set up a sponsored walk or just try to get a few longer strolls along the beach this month.

Health Champions Team

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