

Tuesday, 12 December 2017

[Health and Social Wellbeing Improvement](#)

Take the next step



This A5 booklet encourages people to increase their level of physical activity by monitoring the number of steps they take each day and aiming to increase it. It covers why walking is a good way to get more active, how to count your steps, setting targets, tips on how to fit more walking into your day and ideas for making it more interesting, including by taking part in an individual or group Step Challenge (see [here](#) for more information on organising a group Step Challenge).

Details

Format

A5, 12 pages

Target group

General public

Downloads

Attachment	Size
Take_the_Next_Step_Booklet_12_2017_version.pdf	1.14 MB

Tags

- [walking](#)
- [step_challenge](#)
- [10000_steps](#)
- [Physical activity](#)

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