

Tuesday, 11 February 2020

[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 01_20.pdf	4.05 MB

Tags

- [walking](#)
- [step challenge](#)
- [10000 steps](#)
- [Physical activity](#)

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