

HIDDEN BENEFITS OF

# WALKING

TO WORK

### Walking and The Facts:



Calories burnt, on average, per 1,000 steps walked.



Percent of adults in England reported walking for at least 10 minutes once a month.



Percent of adults in England drive to work as their main mode of transport.



Percent of adults take the bus followed by 8% using the bus and only 11% walking.

It is recommended that adults aim to take 10,000 steps a day. On average, every 20 steps equals 1 calorie burnt. It is important to remember that everyone is different and this is not an exact figure that will suit everyone.



### The Hidden Benefits:



Increase vitamin D



Improve Digestion



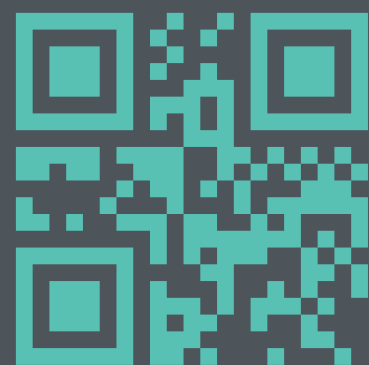
Improve Sleep Quality



Improves Mental Health



Increases Creativity



[latushealth.co.uk](https://latushealth.co.uk)

Explore our resources page for helpful tips and important information on living a healthy lifestyle by simply scanning the QR code.

Because **Good Health** is Good Business

