



LIVING

STREETS

NATIONAL  
WALKING  
MONTH



**NATIONAL WALKING MONTH 2024**



**MEDIA PACK**





Hello,

Living Streets' [National Walking Month](#) is back this May. Throughout the month, we'll be asking people to #Try20 and fit 20 minutes of walking into their day. This year, we're inviting you to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and wheeling.

We would really love your support to help us promote the campaign. Below are some suggested social media posts.

- We're supporting @LivingStreets' #NationalWalkingMonth this May! Download their #Try20 checklist and see how many tips you can tick off. [livingstreets.org.uk/nwm](http://livingstreets.org.uk/nwm)
- Discover the #MagicOfWalking and feel the health benefits of a 20-minute walk or wheel – it's also a great way to boost your mood. #Try20 this May for @LivingStreets' #NationalWalkingMonth!
- Did you know that a 20-minute walk can reduce the risk of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes? #Try20 for @LivingStreets' #NationalWalkingMonth this May. [livingstreets.org.uk/nwm](http://livingstreets.org.uk/nwm)

You can download images to accompany the posts via [this Smugmug link](#) (password: nwm24) There are posters and a #Try20 checklist available to download from the [National Walking Month](#) page on our website.

Across the month, we will use the hashtags #NationalWalkingMonth, #Try20, #MagicOfWalking. We will also be releasing new polling data showing attitudes to walking and launching a prize draw.

May also sees the return of [Walk to School Week \(20-24 May\)](#) when we celebrate the health and social benefits associated with walking to school.

We have thousands of pupils joining us across England, Scotland and Wales to take part in the Magic of Walking challenge.



Below are some suggested social media posts. You can download images to accompany the posts [via this Smugmug link](#) (password: wtsw24).

- We're getting ready for @LivingStreets' #WalkToSchoolWeek (20-24 May). Enjoy the fun and freedom of a walk to school!  
[livingstreets.org.uk/wtsw](http://livingstreets.org.uk/wtsw)
- We're celebrating the #MagicOfWalking during @LivingStreets' #WalkToSchoolWeek. Try walking or wheeling to school and feel the difference it makes to your health and happiness!  
[livingstreets.org.uk/wtsw](http://livingstreets.org.uk/wtsw)
- Why not swap the school run for a school walk? Join us as we take part in @LivingStreets' #WalkToSchoolWeek  
[livingstreets.org.uk/wtsw](http://livingstreets.org.uk/wtsw)

If you have any questions, please do get in touch by emailing [commsteam@livingstreets.org.uk](mailto:commsteam@livingstreets.org.uk).

Thank you for your support – and happy walking!





# SOCIAL MEDIA SHAREABLES



HERE ARE SOME SOCIAL MEDIA SHAREABLES, PLEASE CLICK THE LINKS BELOW THE IMAGES TO DOWNLOAD THE FORMAT YOU NEED.



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



# WALK TO SCHOOL WEEK



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)

## TRY 20



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)



[X \(TWITTER\)](#) | [FACEBOOK](#) | [INSTAGRAM](#)





# POSTERS



 [A4 PRINT POSTER - ENGLISH](#)

 [A4 PRINT POSTER - WELSH](#)



 [DIGITAL POSTER - ENGLISH](#)

 [DIGITAL POSTER - WELSH](#)

