

Walking and Work

Reflections on the practice in light of the research

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Look at the vista
in front and
imagine the act
of moving
forward.



Walking and Work

Walking helps with:

Problem solving

Well-being

Reflection

Thinking

Coping

Being in the world

Key messages

- Take Regular walks
- Go for a walk with a friend on Face-Time
 - Notice what is around you
 - Reflect on both ideas and issues
 - Breathe!
- REMEMBER – take only one step at a time

Walking books and interesting reading

- **Female walkers – Pedestriennes**

<https://www.playingpasts.co.uk/articles/gender-and-sport/pedestriennes-nineteenth-century-female-professional-walkers/>

- **Books**

On Trails by Robert Moor 2017 Aurum Press

The Old Straight Road Alfred Watkins 2015 Heritage Hunter

The Old Ways Robert MacFarlane 2012 Penguin

In Praise of Walking Shane O'Mara 2019 Bodley Head

- **Radio Programmes**

Follow Clare Balding's 'Ramblings on Radio 4 -

<https://www.bbc.co.uk/programmes/b006xrr2>