

Professor Ulf Ekelund of the MRC Epidemiology Unit at the University of Cambridge, who led the study, says: “It is a simple message: just a small amount of daily physical activity could have substantial health benefits for people who are physically inactive. ***Although just twenty minutes would make a difference, we should really be looking to do more than this – physical activity has many proven health benefits and should be an important part of our daily life.***”



See more at: <http://www.cam.ac.uk/research/news/lack-of-exercise-responsible-for-twice-as-many-deaths-as-obesity#sthash.xOtYKktj.dpuf>
See also the Saga Web-site <http://www.saga.co.uk/magazine/health-wellbeing/exercise-fitness/10-reasons-for-a-winter-walk>

Research on health levels in Nottingham City reveals

1. Life expectancy for both sexes is ***below*** the national average
2. Adult obesity is about the national average
3. Percentage of physically active adults is about the national average

For Nottinghamshire County

1. Life expectancy for both sexes is about the national average
2. Adult obesity is about the national average. Numbers overweight are ***more than*** this average
3. Percentage of physically active adults is slightly ***higher than*** the national average

We can do better than this, folks!

Join us on some of these walks.

**Improve your health, lift your spirits and make new friends! Walking is good for life -
*life is good for walkers!***



The Nottinghamshire Guided Walks Partnership