

THE ICEBERG OF WALKING WELLNESS



Walk an hour a day and it adds up to 1000 miles in 12 months. But that's just the tip of the iceberg

VISIBLE

Clearer skin
Healthy glow
More smiles
Better shape

98%
say it helped
appearance,
health &
outlook

PERCEPTIBLE

Higher spirits
More confidence
Reduced stress
Greater self-esteem
Boosted creativity

91%
feel more body
confident as a
result

INVISIBLE

Reduced risk of
cancer, heart attack,
stroke, obesity
& Type 2 diabetes
Slower ageing
Stronger bones

100%
Say they'd
recommend
#walk1000miles
to a friend

**Country
walking**
Britain's best-selling walking magazine

Join the biggest, friendliest most effective walking movement in the country, free: walk1000miles.co.uk