



**NATIONAL
WALKING
MONTH**



**NATIONAL WALKING MONTH 2025
MEDIA PACK**

Hello,

Living Streets' [National Walking Month](#) is back! Throughout May, we'll be asking people to #Try20 and walk for 20 minutes every day during the month. Following the success of last year, we're once again inviting you to discover the #MagicOfWalking and celebrate the many health, wellbeing and economic benefits of walking and wheeling.

We would really appreciate your help in promoting the campaign. Below are some suggested social media posts.

English language posts:

- We're supporting @LivingStreets' #NationalWalkingMonth this May! Discover the magic of walking and getting outside. livingstreets.org.uk/nwm
- Get ready for #NationalWalkingMonth by checking out @LivingStreets #Try20 tips – and start May with a spring in your step. <http://livingstreets.org.uk/try20>
- Research shows that a 20-minute walk increases your mental alertness, energy and mood. #Try20 and discover the magic of walking this May livingstreets.org.uk/nwm

Welsh language posts:

- Rydyn ni'n cefnogi #MisCerddedCenedlaethol @LivingStreets ym mis Mai! Darganfyddwch hud cerdded a manteision bod allan yn yr awyr iach. livingstreets.org.uk/nwm
- Byddwch yn barod ar gyfer #MisCerddedCenedlaethol trwy edrych ar awgrymiadau #RhowchGynnigAr20 @LivingStreets – a dechreuwch mis Mai yn teimlo'n wych. <http://livingstreets.org.uk/try20>
- Mae ymchwil ddiweddar yn dangos bod cerdded am 20 munud yn cynyddu eich effro meddyliol, egni a hwyliau. #RhowchGynnigAr20 i ddarganfod hud cerdded ym mis Mai livingstreets.org.uk/nwm

You can download images to accompany the posts for free via [this Smugmug link](#). 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 launching a prize draw.



May also sees the return of [Walk to School Week](#) (19-23 May) when we encourage children across the UK to discover the joys of walking and wheeling to school.

Last year, over 260,000 pupils took part in England, Scotland and Wales and this year is set to be even bigger. The theme for 2025 is The Great Space Walk, with intergalactic characters to guide pupils as they discover the benefits of walking and wheeling.

Below are some suggested social media posts for Walk to School Week. You can download images to accompany the posts via [this Smugmug link](#).

English language posts:

- We're getting ready for @LivingStreets' #WalkToSchoolWeek (19-23 May). Enjoy the fun and freedom of a walk to school! livingstreets.org.uk/wtsw
- We're blasting off on #TheGreatSpaceWalk for @LivingStreets #WalkToSchoolWeek. The benefits of walking or wheeling to school are out of this world! livingstreets.org.uk/wtsw
- Ditch the school run and try walking instead! Join us as we take part in @LivingStreets' #WalkToSchoolWeek livingstreets.org.uk/wtsw

Welsh language posts:

- Rydyn ni'n paratoi ar gyfer #WythnosCerddedI'rYsgol @LivingStreets (19-23 Mai). Mae cerdded i'r ysgol yn hwyl ac yn creu teimlad o ryddid – mwynhewch! livingstreets.org.uk/wtsw
- Dywedwch hwyl fawr i yrru i'r ysgol a helo i gerdded yn lle! Ymunwch â ni wrth i ni gymryd rhan yn #WythnosCerddedI'rYsgol @LivingStreets

If you have any questions, please do get in touch by emailing commsteam@livingstreets.org.uk.

Thank you for your support – and happy walking and wheeling!

Social handles:

X: @livingstreets

Bluesky: @livingstreets.bsky.social

Instagram: @livingstreets

LinkedIn: linkedin.com/company/livingstreets



SOCIAL MEDIA SHAREABLES

PLEASE CLICK THE LINKS BELOW THE IMAGES TO
DOWNLOAD THE FORMAT YOU NEED.



Body

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WALK TO SCHOOL WEEK



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TRY 20



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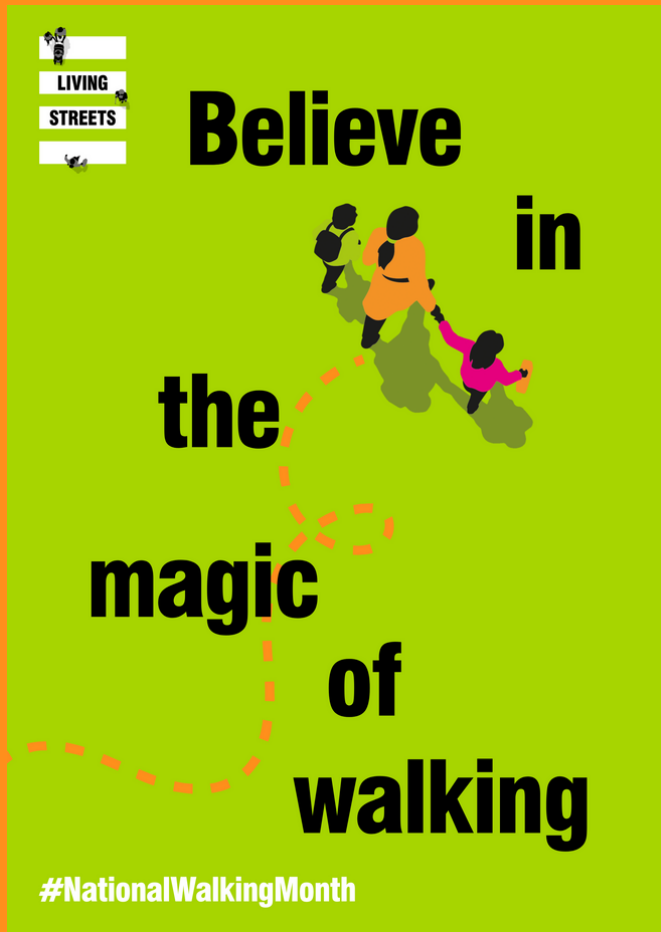


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POSTERS



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