



Living Well
North Tyneside
Supporting Health and Wellbeing

Embrace a healthier, greener, and more connected way to commute.

What is Walk to Work Day?

Walk to Work Day is observed annually on the first Friday of April. In 2025, it falls on 4 April and invites everyone to consider swapping their usual commute for a more active and environmentally friendly option — walking.

This simple initiative encourages individuals and organisations to think about the impact of their daily travel, while also promoting a more active lifestyle and positive mental wellbeing.

History of Walk to Work Day

While the concept of walking to work has always been part of healthy living campaigns, Walk to Work Day became more established in recent decades as part of wider efforts to reduce air pollution, lower carbon footprints, and combat rising levels of inactivity and related health issues. It is now recognised internationally as part of growing urban health and environmental movements.

Why Celebrate Walk to Work Day?

• Improve Your Health

Walking is one of the easiest and most accessible forms of exercise. Regular walking improves heart health, boosts energy levels, strengthens muscles, reduces stress, and helps maintain a healthy weight.

• Positive Mental Wellbeing

Walking, especially in green spaces, has been shown to reduce anxiety and improve mood. Starting the day with fresh air and movement can help set a positive tone for the rest of the day.

• Protect the Planet

By choosing to walk, you're reducing your carbon footprint. Fewer cars on the road mean lower emissions, less noise pollution, and cleaner air.

• Save Money

Cutting down on car use or public transport fares — even for one day — can make a difference over time.

• Foster Community

Seeing more people walking in your neighbourhood or on your commute route builds a sense of community and connection.

How to Celebrate Walk to Work Day

1. Plan Your Route

Use online maps or local walking route planners to find the safest and most pleasant path to work.

2. Start Small

If your workplace is too far to walk the entire way, consider parking further away or getting off public transport a few stops early.

3. Get Colleagues Involved

Encourage your workplace to take part. Perhaps organise a group walk, or start a workplace challenge.

4. Share Your Experience

Post photos or updates on social media to inspire others to take part — you can use #WalkToWorkDay to join the conversation.

5. Make it a Habit

Why not use Walk to Work Day as a starting point for walking more regularly? Even short daily walks can have lasting health benefits.

How to Get Involved in North Tyneside

- **[North Tyneside Walking Routes](#)** - The council has excellent resources for walking routes around parks, coastline paths, and town centres.
- **[Go Smarter, Go Active](#)** - A regional initiative supporting active travel — walking and cycling — across the North East

Useful Links

[NHS: Benefits of walking](#): NHS Walking for Health

[Ramblers Walking Charity](#): The Ramblers

[Living Streets](#) – UK charity for everyday walking: Visit Living Streets

[Better Health: Get Active](#): Better Health UK

In short:

Walk to Work Day is more than just a one-day event — it's a reminder that small daily actions can lead to big improvements for our health, wellbeing, and the environment. Why not start planning your walk today?

Related Links

- [NHS: Benefits of walking](#)
- [Ramblers Walking Charity](#)
- [Living Streets](#)
- [Better Health](#)
- [North Tyneside Walking Routes](#)
- [Go Smarter, Go Active](#)



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