

EXCUSE 01:

“ I just don't have the time in a day to walk ”

OUR ADVICE:

1. It only takes 30 minutes of your time to do a walk that will help to maintain your health.
2. Just go out the door and walk, **there is no extra time needed to travel to a venue or to prepare.**
3. **Try to fit walking into your daily routine** or use it as an opportunity to meet a friend and catch up. Let family and friends know about your plans and ask them to support you to stick with the routine.

EXCUSE 02:

“ After a busy day, I am just too tired to walk ”

OUR ADVICE:

1. **Try fitting in a walk when you feel most energetic**, this could be early in the day.
2. **Walking will actually give you more energy.** Try it out and notice the difference in your energy levels for the day.

EXCUSE 03:

“ I have an illness and really don't feel like walking ”

OUR ADVICE:

1. **Talk to your doctor** about getting active at your next visit.
2. You could also check out the health promotion organisations for **advice on your illness and walking.**

EXCUSE 04:

“ I'm really unfit and I never walk ”

OUR ADVICE:

1. Walking is one of the **easiest ways to get active.**
2. **You can set your own** pace and length of walk.
3. Over time **you can gradually increase this.**

EXCUSE 05:

“ I'm too old to start walking ”

OUR ADVICE:

1. **It's never too late** to start walking.
2. **Walking regularly can help** to maintain your physical health.
3. **Read the rest of the Get Walking series** - [Finding Walks](#), looking at [Physical Wellbeing](#) and [Mental Wellbeing](#), [Being Active during Covid19](#). Do you need specific [Gear](#)? Look at [Warm Up & Posture](#) and [Are you doing enough?](#) How to deal with [Excuses](#) and setting some very important [Goals!](#) Read some [Top Tips](#) and think about [Setting up a Walking Group](#) and useful sample [Walking Programmes](#) you can use.