

Primary school pupils put their best feet forward

✘ Pupils from Edinburgh's Royal Mile Primary School stepped out from their classes this week to encourage people to sign up for ['Walk Edinburgh Week'](#), a new event, which is taking place in the capital between 20 to 26 May 2011.

The organisers hope to encourage everyone to be more physically active by discovering the joys and health benefits of walking in the Capital.

Twenty six [different group walks](#) are planned across the City over the six-day event. The walks are free to participate in and will cater for all ages and abilities.

✘ The week will launch with the 'Walk-Ed' fair in Princes Street Gardens on Friday 20 May from 12 to 3pm. Activities will include led walks in and around the Gardens, plus a healthy lifestyle fair with free activities such as sumo wrestling, tai-chi, movement to music and lawn tennis.

'Walk Edinburgh' highlights walking as a free and easy leisure activity that can improve people's health and is a great way to get out and about in and around your local community with family, friends, and colleagues.

The project, jointly funded by the City of Edinburgh Council, NHS Lothian and Paths for All, aims to increase awareness of the health and social benefits of walking, and encourage more local walking. 'Walk Edinburgh' also provides great volunteering opportunities. There are 22 walking groups all across the City, with more and more organisations, families and local communities taking up walking every day!

Nicky Johnston, Head Teacher at Royal Mile Primary School, said: "Everyone at the school is delighted to support 'Walk

Edinburgh Week' as it's so important for families to stay fit and healthy. We'd encourage everyone to take part in the different walking events happening later this month."

Councillor Paul Edie, health leader for Edinburgh, said: "There are many fantastic walks in this lovely city and I would urge everyone to put their trainers and boots on for 'Walk Edinburgh Week'.

"Walking is fun, friendly, free with many health benefits. Not only does it make for a healthier lifestyle but it helps reduce pollution in the city and is a great way to learn more about historical sites and parks in Edinburgh.

"So let's all put our best feet forward and put a spring in your step by discovering hidden Edinburgh on foot."

Dr Alison McCallum, Director of Public Health and Health Policy, NHS Lothian said: "Being more physically active is a great way to protect and improve your health, release stress, socialise, improve confidence and gives you the 'feel good' factor.

"Adults should aim to build up to 30 minutes of daily activity that gets your heart beating a bit faster and leaves you feeling warmer. Walking is a great way for everyone to be active, but is particularly good for people just starting out or returning to physical activity. The 'Walk Edinburgh Week' is a fantastic way to get involved and see for yourself!"

People wanting to take part in the group walks should [register](#) their interest as places are limited.

Join [Activcity](#) in our bid to make Edinburgh the most physically active city in Europe by 2020.