

Walk for life

Every step counts

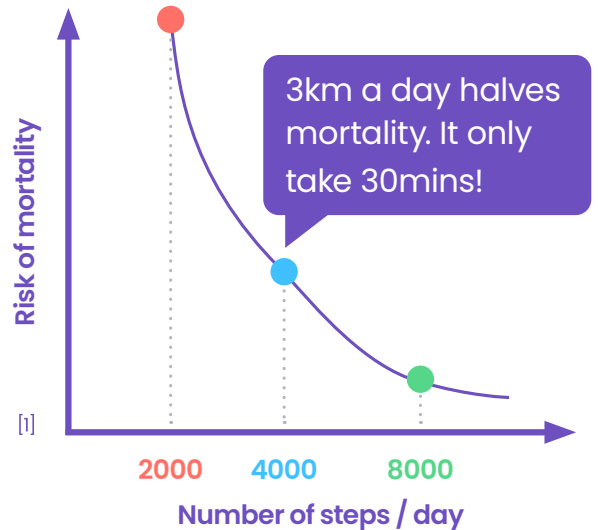


Hello,

My name is Dr Bhatia. I work as a GP and am the founder of Humble. Humble is an organisation that aims to help bring out our best.

We are made to move

Sitting has similar risks to smoking and exercising alone is not enough. Walking is one of the most healthy things we can do – lifting energy, mood, sleep and more. Modern life doesn't make it easy with stress, cars, desks & disconnection from nature. The good news is with a little help you can learn to love walking and boost your health.



Start today with 6 steps

Six steps is all you need, once you start walking it's easier to keep going. If you work at a desk set a reminder to take 6 steps 6 times a day (eg each 30 mins).

The life SAVER walk

Supercharge your day with a life SAVER. This miracle morning walk² uses neuroscience to boost your wellbeing. Watch our 5 min [video](#).

Perhaps we can help?

Sometimes there are barriers like pain, fatigue, motivation and stress.

We offer support to help you move freely. To find out more go to Humble.info.

[1] Graph adapted from Saint-Morris PF et al JAMA 2020

[2] Adapted from Miracle Morning by Hal Elrod. This is not a substitute for medical care.

If in doubt discuss this with your Doctor or get in touch www.humble.info © Dr Bhatia 2020