London Sport proudly took part in an online chat hosted by Go Jauntly all about the huge benefits of walking to Londoner's physical and mental health.

Relationship Manager Jolyon Whaymand was Go Jauntly's special guest for the evening which saw him answer questions on how the simple task of walking can play a role in getting people more active.

Go Jauntly is a free community-based walking app, which helps Londoners find local walks created by the people who love and know them, it is currently available to download from the app store.

In case you missed the [#GoJauntlyChat](https://twitter.com/search?q=%23gojauntlychat&src=typd&lang=en) on Twitter, here's a review of Jolyon's advice:

Go Jauntly: A huge welcome to our special guest, Jolyon from London Sport, question one this evening is what are the benefits of walking versus running? And how long and fast and often do we have to walk to make it worthwhile for fitness?

Jolyon Whaymand: Walking, jogging or running are all great - at London Sport we just want to support people to move more in a way that works for them. Walking is brilliant for so many reasons! Here are a few that spring to mind: it's easy to fit into your day and it's unlikely you'll be too dishevelled when you've finished so you can get on with your day; you don't need any special equipment and you can do it solo or in a group.

GJ: What are the mental and physical benefits when we walk regularly?

JW: Regular walking can help us to feel great in lots of ways. I often find that a walk (in urban London or in a quieter spot) really helps to clear my head and boost my mood. Because I’m going slowly it also gives me the chance to look around and notice things around me. Mile for mile, brisk walking lowers the risk of diabetes and high blood pressure as much as running. Walking also reduces the risk of dementia and many cancers. It’s a great way for us to look after ourselves for the future.

GJ: Is walking in cities still good for you even when you take into account air pollution?

JW: Yes! Walking in cities is still far better for us than not walking in cities. It’s important to remember the alternative – a 20 minute walk is far healthier than sitting in traffic on the bus, and the chances of getting an armpit to the face are radically lower. If you are worried about air quality then you can avoid main roads and busy streets where possible. It’s often nice to switch up regular routes anyway...

GJ: Our final question for this [#gojauntlychat](https://twitter.com/hashtag/gojauntlychat?src=hash) is about creating good habits. What are your top tips for making walking part of everyday life?

JW: There’s no right or wrong way to incorporate walking into your daily routine. Some people like to go ‘for a walk’ with a destination in mind – this can be good for people who like to set themselves goals as you can easily measure progress. Others will prefer to make their walk part of the day. Active travel works well for me – if I am going somewhere anyway then I’ll try to walk or cycle there rather than drive or get the bus. Bonus points for walking being free.