

Can walking help lower your blood pressure? The latest Cochrane evidence

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Resources for people wanting to walk more

- [One You Active 10 Walk Tracker app](#) – this free app from Public Health England tracks your walking, helps you set goals and monitor your progress over time
- walkingforhealth.org.uk – run by The Ramblers charity, Walking for Health is a network of health walks – group walks open to everyone and led by specially-trained volunteers