
Frances likes to walk 📖

Frances likes to go on long walks. She walks an average of 12 kilometres per day.

We asked Frances why she likes walking.

When did you take up walking?

When I was young, I worked on a farm. I walked between the dairy farm and the sheep farm. It was 10 kilometres a day. Sometimes, I did it twice in a day.

Why do you walk now?

I walk to be in nature and to explore the city. I also practice yoga daily. I add meditation into my walking.

Do you wear special clothing?

It depends on the weather and season. I always wear polarized sunglasses. I also bring a camera to take photos.

What is your favourite thing about walking?

I like to take a dog friend with me on my walks. My friends are Stanley, Charlie and Reuben.

Submitted by Gail Hanney • Photo: Gail Hanney



This is Frances and Stanley walking.

Did you know?

Walking helps:

- reduce stress
- lower blood pressure
- ease back pain
- you live longer