



Appy feet: Boost your fitness with a brisk walk around London LUKE STACKPOOLE/UNSPLASH

Come on, get appy

LET TECHNOLOGY HELP YOU GET THE MOST OUT OF WALKING AS YOU PUT YOUR BEST FOOT FORWARD

If you're keen to get more active in your day-to-day life, then why not download one of these free apps to help you on your way?

To help you stay fit and healthy, it is recommended that you get about 20 to 30 minutes of moderate physical activity a day.

Even one minute of brisk walking counts as exercise, so what are you waiting for?

TFL GO

This app isn't just about finding your next Tube, bus or closest station – you can also use it to check walking and cycling routes for all or part of your journey, including how long the journey will take.

You can discover walking and cycling routes you may not have considered, with the planner now more frequently suggesting walking routes, especially when it's faster to walk than to use public transport.

If you allow TfL Go to access your location data, the app can provide you with location-based features such as pinpointing where you are and where to go on the geographic map.

For more information on the app, visit tfl.gov.uk/travel-tools

GO JAUNTLY

This community-based walking app promotes walking for leisure and active travel. You can use it to find

new walks based on your location, and discover the greenest walking routes and nature on your doorstep.

There are photo guides to help you navigate, and tips pointing out things of interest and places to eat. It even helps you locate public toilets.

You can create and share your own routes by taking photos and adding details.

Go Jauntly is available from the Apple App Store and Google Play.

MAPMYWALK

Part of the MapMyFitness family, this app has features such as audio feedback, labelled routes, easy-to-see maps, metrics tracking and data analysis.

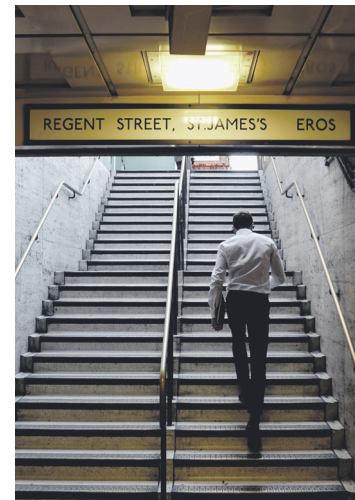
When you start your walk, you can see a map of the area and as you continue, your route is marked in red. This means you'll also be able to find your way back to where you started.

As you walk, you can see the elapsed time, distance, pace, speed, elevation and calories burned.

For more information on the app, visit mapmywalk.com

ACTIVE 10

If you want to make sure you are getting your 10,000 steps a day, then this app from the NHS is for you. Once downloaded, you can check how far and how fast you



Step to it: Plan your journey with the TfL Go app NONSAP VISUALS/UNSPLASH

have walked, as it tracks all your walking and how many minutes you spent doing brisk walking. It gives you goals to work towards and rewards your progress.

The app relies on your phone's inbuilt sensors to measure your activity so, to improve accuracy, you should keep your phone in a pocket close to your body, rather than in a loose coat pocket or bag.

You can download Active 10 from the NHS website or from the Apple App Store.



**YOU MUST WEAR
A FACE COVERING ON
PUBLIC TRANSPORT**

At all times when travelling on TfL services. If you do not, you may be turned away from the network and could be fined. Please remember that some people are exempt.

For more information, search TfL face coverings.

Cut your carbon footprint

WWF has launched an app to help you track and improve your environmental impact on the planet.

The 'My Footprint' app is a new hub of ideas and tasks designed to inspire positive changes at home.

The challenges have been developed by the science and conservation experts at WWF, based on the three main solutions that must be addressed to help tackle the climate and nature crisis: reducing carbon emissions, restoring natural habitats and stopping species from going extinct.

The My Footprint app is available now for iOS and Android devices.



Positive change: Download the 'My Footprint' app

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 tfl.gov.uk

 24 hour travel information
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 Sign up for email updates
tfl.gov.uk/emailupdates

   tfl.gov.uk/socialmedia

London Travelwatch
London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply.
See tfl.gov.uk/terms for details.



Newspapers left on the Tube can jam doors and cause delays to your journey. Take your newspaper with you or put it in a recycling bin.