

## Walking Action Plan

- Start doing some regular brisk walking every day, gradually building up how much you do
- Walk at slightly above your usual pace, without it being uncomfortable. Brisk walking means walking so that you breathe a little faster, feel warmer and have a slightly faster heartbeat.

## Make it a habit

The easiest way to walk more is to build it into your daily routine. Think before you drive less than a mile - walk to the local shop or post box. Throw away the TV remote control. Get off the bus a stop earlier. Park the car further away at the supermarket. Take the stairs instead of the lift. Enjoy a walking lunch - walk to the park and eat your sandwiches. Borrow a friend's dog and take it for a walk. Walk the children to school.

## Here are some tips to help you to keep motivated...

- Do a regular walk with a friend
- Circle each day that you walk on your calendar
- Keep a diary - write down what you do and the route you took
- Leave your walking shoes by the door to remind you!
- Try to build walking into your daily life
- Establish a routine - go for a stroll with family or friends after dinner
- Take a look at how far you've come - is it easier now to climb the stairs?

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# WHY WALKING IS THE PERFECT ACTIVITY FOR HEALTH!

## Walking can:

- Make you feel good
- Give you more energy
- Reduce stress and help you sleep better
- Keep your heart 'strong' and reduce blood pressure
- Help to manage your weight

## Why walk?

- Almost everyone can do it
- You can do it anywhere and any time
- It's a chance to make new friends
- You don't need any special equipment
- You can start slowly and build up gently
- There is very little risk of injury
- It's FREE

## How much is enough?

Simply brisk walking for at least 30 minutes a day, on at least five days a week, can make you feel fitter and healthier. Remember this can be built up throughout the day and the most important thing is that you start 'where you're at' and build up gradually.

## And Did You Know...

Thirty minutes represents only 2% of your day!

## Remember:

- All walks are FREE
- Please wear suitable clothing and footwear
- To keep with the healthy lifestyle please refrain from smoking on the walks
- Please bring a drink.

**Listen to your body when you walk - if you feel dizzy or develop pain or nausea, slow down or stop. If the problem persists, see your doctor before walking again.**