

## Benefits of regular walking

Our bodies are designed to move, and regular walking is one of the most important things you can do to keep healthy.

Walking at any pace can provide the following benefits:

- Halve the risk of heart disease
- Improve muscle strength
- Improve levels of cholesterol
- Reduce weight and maintain your weight loss
- Helps to reduce the risk of developing diabetes
- Reduces the risk of bowel and colon cancer
- Relieves depression and anxiety
- Helps to reduce the risk of osteoporosis and improve co-ordination and balance.

Brisk walking can improve the functioning of the heart and lungs and reduce blood pressure...  
[Walking your way to Health]

30 minutes of moderate intensity exercise (walking) on 5 or more days a week can yield many health benefits.

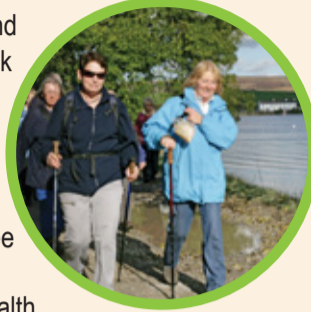


## Volunteers

### Do you want to become a Volunteer Walk Leader, within your community or workplace?

We are looking for volunteers age 18 or over, who have an interest in walking and who wish to help others benefit from regular exercise, to help lead and organise health walks we offer across the borough.

All volunteers need to attend our one day 'Volunteer Walk Leaders' course, before leading a group. Further ongoing support is available from our Health Walks Co-ordinator. The free courses are also open to persons wishing to lead health walks within their own community group.

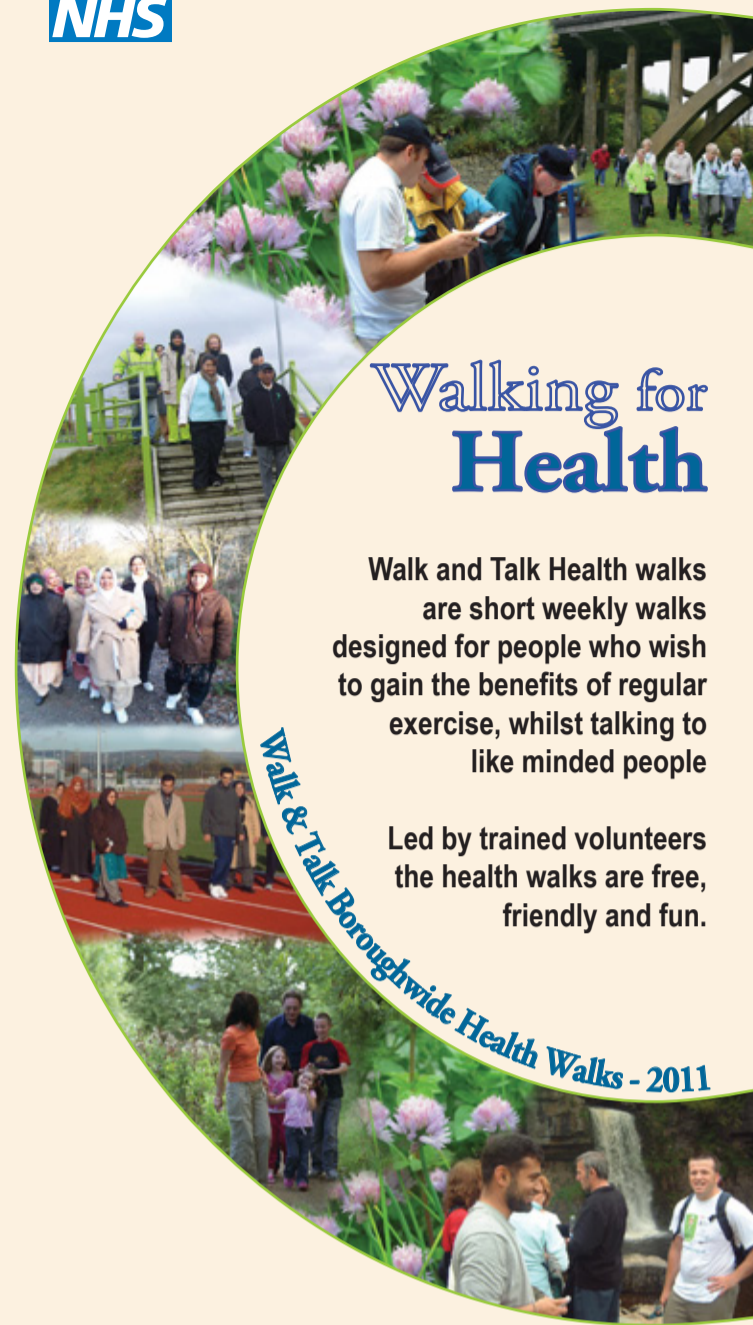


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If you require this information in **large print**, braille, any other format or language please contact the Health Walks Co-ordinator on **0161 655 1478**



## Walking for Health

Walk and Talk Health walks are short weekly walks designed for people who wish to gain the benefits of regular exercise, whilst talking to like minded people

Led by trained volunteers the health walks are free, friendly and fun.

Walk & Talk Boroughwide Health Walks - 2011



do you feel good?

Steps	1,000	2,000	3,000	4,000	5,000	7,500	10,000
Miles	0.4	0.9	1.3	1.7	2.1	3.2	4.3
Kilometres	0.7	1.4	2.1	2.7	3.4	5.1	6.9

Steps and distance conversion chart

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Week 1	Goal							
	Actual							
Week 2	Goal							
	Actual							
Week 3	Goal							
	Actual							
Week 4	Goal							
	Actual							
Week 5	Goal							
	Actual							
Week 6	Goal							
	Actual							
Week 7	Goal							
	Actual							
Week 8	Goal							
	Actual							

8 Week Log

Walking the additional 7,000 steps a day can bring many health benefits. But for some people it is unrealistic to go immediately to 10,000 steps a day. Aim as high as your limitations will allow you.

Use week 1 to record how many steps you do at the moment, then in each following week, try to add a further 500 steps a day into your daily activities, perhaps using some of the walking tips above.



### 10,000 steps a day

1. Take a walking break instead of a sitting break.
2. Use the stairs instead of the lift or escalator.
3. Park further away from your destination.
4. Walk instead of driving if the distance is short.
5. Get off the bus a stop earlier.
6. Walk your dog instead of letting it run around the yard.
7. Have a meeting whilst walking instead of sitting in the office.
8. Instead of emailing or phoning a colleague, walk to their desk.
9. Walk your child to school.
10. Whilst waiting at the station walk up and down the platform instead of standing.
11. Park in the space furthest away from the supermarket entrance.
12. Walk while you are on your mobile phone.
13. Investigate a lunch time walking route.
14. Change the channel on the TV without the remote control.
15. Join a friend who walks their dog or borrow a dog.
16. Walk every supermarket aisle, whether you need to or not.
17. Get up from your chair and take a 3 minute walk every hour.
18. Do extra house work or gardening.
19. Aim to climb the stairs at least 10 times a day.
20. Walk up Knowl Hill to see wind farm.

There are many different makes of step-o-meters (also known as pedometers), but more or less they all do the same job. They count the amount of steps in any one period before you reset it. This allows you to see how many steps you currently do in your daily routine.

Across the page an 8 week log has been placed in your 'Walking for Health' leaflet. You can use the log to help keep track of your steps aiming towards 10,000 steps a day, this is approximately 4.3 miles a day. Although you will have set your step-o-meter to suit your stride length.

### Helpful tips to help you walk more

