

### The first step

Many of us know we should be more active to benefit our health and well-being.

This does not have to be vigorous physical activity. Just 30 minutes a day of moderate activity, such as brisk walking, is all it takes to feel the difference.

*Walk to work or shops*



### You can take a step towards better health!

Did you know that walking for just 30 minutes a day can help you to:

- ◆ Feel good (you will feel fitter, your body will be more toned, and you will feel better about yourself).
- ◆ Have more energy.
- ◆ Sleep better.
- ◆ Reduce stress (have you ever noticed how it's difficult to walk and worry at the same time?).
- ◆ Reduce your blood pressure.
- ◆ Manage your weight.

*Half an hour a day*



*Choose a more active life*

Two-thirds of people in Scotland are not active enough to benefit their health.

This can have serious effects on our health and well-being.



### Active people live longer and healthier lives than inactive people. Being active:

- ◆ Reduces the risk of heart disease by half.
- ◆ Reduces the risk of a number of cancers, particularly bowel and breast cancer.
- ◆ Reduces the risk of type II diabetes.
- ◆ Improves your mood and reduces the risk of depression.



*Meeting new people*

### And another thing . . .

As well as many health benefits, walking can help you feel part of your community.

Walking can save you a bus fare, the cost of petrol for your car and will also help the environment.

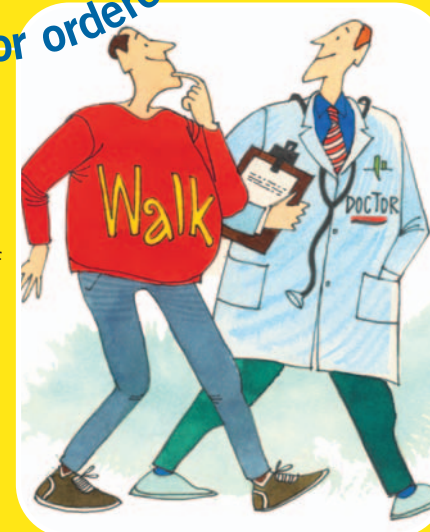
*Just what the doctor ordered*

### A walk a day . . .

You can walk to relax, to socialise, to get to work or to get to the shops.

- ◆ Try to make walking part of your normal day.
- ◆ Try to make it part of your life.

Health professionals describe walking as the perfect activity for health.



Walking is a safe activity. However, if you have any concerns about walking and your health, speak to a health professional.

Paths to Health exists to promote walking for health in Scotland.

Paths to Health supports local schemes to promote walking in their communities. These schemes offer led walks and information about safe, accessible and enjoyable places to walk locally.

For further information, contact:

[www.pathstohealth.org.uk](http://www.pathstohealth.org.uk)

To find your nearest health walk please use the following link [www.pathstohealth.org.uk/findahealthwalk](http://www.pathstohealth.org.uk/findahealthwalk)

To order more copies of this leaflet please e-mail - [info@pathstohealth.org.uk](mailto:info@pathstohealth.org.uk)

Paths to Health is a programme of the Paths for all Partnership  
The Paths for All Partnership is a recognised Scottish Charity No: SC025535 and a Company Limited by Guarantee No: 168554 incorporated 19 September 1996 at Companies House, Edinburgh.  
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Tel 01259 218855 E.mail [info@pathstohealth.org.uk](mailto:info@pathstohealth.org.uk)  
[www.pathstohealth.org.uk](http://www.pathstohealth.org.uk)

### Where do I start?

Start every walk slowly, and gradually increase your pace. After about 5 minutes start to walk a little faster so that you:

- ◆ Feel slightly warmer.
- ◆ Breathe a little faster.
- ◆ Feel your heart beating a little faster.

Walk as if you are late for an appointment. You should be able to talk as you walk. If you can't do this then you are going too fast!



Take the stairs

It's not a race

### How should I feel?

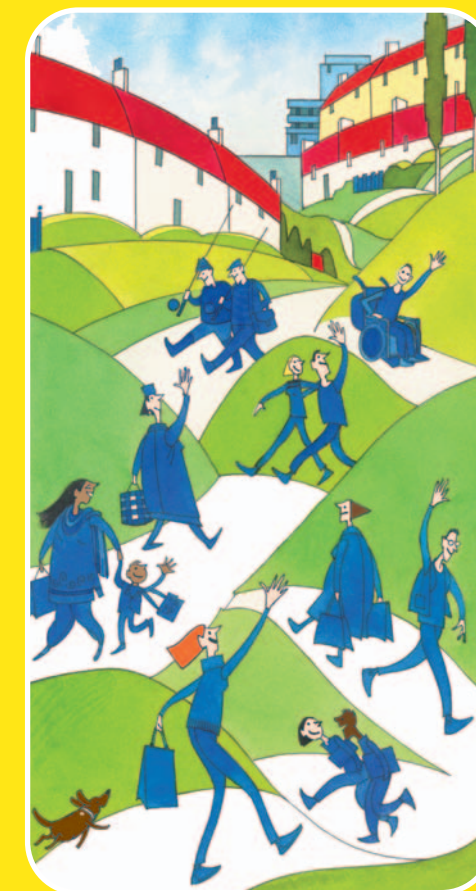
Listen to your body when you walk. If you feel dizzy or develop pain or nausea, slow down or stop. If these feelings continue when you are walking at a slower pace, check with your doctor.



### Get motivated – stay motivated!

- ◆ Try to walk on most days of the week. You can start with a 10 minute walk and gradually increase the time you spend walking.
- ◆ Walk to the local shops or post box and leave the car at home for a change.
- ◆ Climb the stairs instead of taking the lift.
- ◆ Use your lunch break to take a walk. Walk with a workmate and you can still catch up on all the chat.
- ◆ Walk the children to school.
- ◆ Walk to relax – take a stroll in the park and enjoy the greenspace.

# Walk more feel the difference!



Step out with a friend

### Enjoy!

Being more active will only become a habit if it's fun. The phrase "no pain, no gain" simply isn't true! If it hurts, you're hardly going to rush out and do it again!

Walk at your own pace. Start slowly and develop your walking habit.

Talk while you walk. Step out with a friend or join a walking group in your area.



### How much, how often?

Aim to build up to 30 minutes a day of brisk walking on most days. This might sound a lot all in one go, but you can split it into smaller chunks - for example:

- ◆ Walk for 10 minutes 3 times a day.
- ◆ 15 minutes twice a day.

Think of ways of getting more walking into your daily routine.



Add more steps to your day

Getting into gear

### Why walk?

- ◆ It's a safe way to a healthier life.
- ◆ It's free.
- ◆ You can start slowly and build up gently.
- ◆ You can do it anywhere and at any time.
- ◆ You don't need any special equipment – just a pair of comfortable shoes.

