



Hints and Tips

The information provided below will help support you to get the best out of the GM Walking Festival calendar ideas, on each day this May

1st May

Get out there! Start as you mean to go on.

For most people 2 miles will take about 40 minutes, 5 miles a little over an hour and a half.

The Let's Walk Festival is here! Find tips, ideas and inspiration for every day in

May www.gmwalking.co.uk/festival #GetOutThisMay

2nd May

Invite someone else to walk with you and you both benefit!

Don't know where to go? GM Walking has worked with Go Jauntly to generate over 25 routes across GM. Find them [here](#)

3rd May

Making a social arrangement is a good way to get motivated

Could you go on a picnic, family treasure hunt or other social activity?



4th May

Walk a target number of steps today. Goals and targets can help keep us focussed or challenge us.

5000 steps about 2.5 miles. 10,000 steps is about 5 miles.

Use a phone to count steps. Or download the [Fitbit App Mobile Tracker](#) to help keep count of steps.

5th May

Spend some time outside, walking or playing, people watching, appreciating your surroundings and getting some fresh air

Being outside more can help us get to know our local area. This [activity sheet](#) has some questions that can help us find out more about what's outside our front door.

6th May

Make walking a part of your daily routine. Pop to the local shop by foot rather than in the car.

Walking to the shop saves the hassle of finding somewhere to park! It could be time away from the family, or time to think.



7th May

Variety is the spice of life.

What did you discover when you walked the opposite way round your route?

8th May

Use a walk in the woods to learn more about wildlife and nature.

We have [wildlife and nature apps](#) to help identify trees, flowers and birds:

Or why not try our [nature bingo sheet](#) to give a focus to the search.



9th May

Let's make walking fun and inspire others!

Take a photo of something blue. Share your picture on [Facebook](#) or [Twitter](#) tagging us [@GMWalks](#) and adding [#GetOutThisMay](#) and we'll make a collage.

10th May

It's Mental Health Awareness Week. Walking is a great way to help wellbeing, through the [Five Ways to wellbeing](#).

We have lots of ideas for noticing what's around you on your walk.

Why not try this [Bingo sheet](#) to help spot things. Or notice sights, sounds, objects and feelings.

11th May

Walking can help lift our mood, feel more energised or de-stress. Start the day off with a walk to feel great.

Notice how you felt before and after your walk. Record this each time you walk using our [diary sheet](#)

12th May

Connect with others on your walk today

Connecting is one of the Five Ways to Wellbeing:

Take a look at our [5 Ways to Wellbeing Poster](#) for ideas.



13th May

Mindfulness walk – how did it feel?

Mindfulness; notice your heart rate, your breathing. Try this [sensory walking resource](#) on your walks.

14th May

Music relaxation – headphones and escape

Relax with a podcast, an album. Here's a link to our [podcast blog](#)



15th May

Walking by water can be very relaxing.

Greater Manchester has many rivers, canals and lakes with excellent footpaths

Take a look at some routes ideas on gmwalking.co.uk/routes

16th May

Share your photos on [Facebook](#) or [Twitter](#) tagging us **@GMWalks** and adding **#GetOutThisMay**

Who can help you find something unusual or striking? Get others involved to discover & take notice

Send us your picture of something orange and we'll make a collage

17th May

Get outside and walk with someone else today.

Arrange to knock for a friend or meet them half way? They'll probably enjoy spending time walking and chatting with you.

18th May

Need some ideas and tips sheets to help inspire you?

Living Streets have created a [family resource](#) to help make the walk to school more interesting.

We also have tip sheets on our [GM Daily Mile toolkit](#) to help people of all ages get out each day.

19th May

Take a different route. Walking is a great way to explore and discover, even in your local area.

There are apps to help you plan out new routes. We have a [Planning a Walking Route guide here](#)

Or try our GM Short Walks on the [Go jauntly app](#)

20th May

Greenspace day; *Enjoy being close to nature.*

Take the kids to park after school and make time to play and have fun.



21st May

For Individuals, Family & Friends, Community Groups & Organisations, or Workplaces

[The GM Daily Mile Toolkit](#) is available for all to use, to help you walk a bit more

22nd May

Walking uphill can really help leg strength and fitness.

Don't forget to admire the view!



23rd May

Share your photos on [Facebook](#) or [Twitter](#) tagging us @GMWalks and adding #GetOutThisMay

Send us your pictures of something red we'll make a collage



24th May

Walking from home provides familiarity. Choose to take the time to appreciate your local area

Notice the buildings, gardens, road names? Dates on buildings? Your favourite tree?

Not sure where to go? Try a route where you can only go forwards or turn left (or right?)

25th May

It's all about you! - Get outside in your own way today, however you like!



26th May

A break between different times of the day is a great time to walk.

Get outside to clear the mind after work. Build up an appetite before tea, or help your meal be digested.

27th May

A brisk walk of 10 minutes or more provides mental and physical benefits!

Don't forget to warm up first. Great for the heart, lungs, muscles and producing feel good hormones!



28th May

Have you enjoyed the Let's Walk Festival? We'd love to hear your thoughts and feedback.

Take a walk then share your thoughts. Please fill in our GM Walking Festival [survey here](#)

PRIZE DRAW – £50 voucher of your choice

29th May

Where do you want to go? The shop, the library and park? The church, post office and field? Who knows the way? Local landmarks – what's in your area? Church, monument? Park? Hilltop/ Riverside café?

Route planning apps – Try Walkmeter GPS or MapMy Walk app. Ideas can be found [here](#)

30th May

Share your walking pictures, adventures, feelings and discoveries with friends, family and colleagues. Don't forget to share with us too! On [Facebook](#) or [Twitter](#) tag us @GMWalks using #GetOutThisMay

Need motivation for next month? – see the [GM Daily Mile Toolkit](#) for progress trackers, diaries etc

31st May

Get out and have fun on Bank Holiday Monday!

There are tips, ideas and suggestions for places to go – all on gmwalking.co.uk

