

# Walking Champions during Covid

Simply encourage others  
to go for a walk



## **Q. Can I be a Walking Champion during the Covid-19 pandemic?**

**A. Yes, it is very important that people keep active during the current Coronavirus situation, both for our health and wellbeing and to help ease the strain on our National Health Service.**

Walking is a perfect activity and the government is encouraging everyone to walk more if they are able, keeping to the social distancing guidelines.

You can champion walking by...

- Simply encouraging members of your household to walk more at this time
- Share your walking experience and photos with others on social media
- Set up chats with your walking friends using social media or apps like WhatsApp
- Map and share your walk routes using your phone and a free App like Strava
- Encourage others and show interest in their achievements
- Be inventive, people are setting up garden walks, virtual walks, indoor walks, short brisk walks, themed walks based on a colour or letter of the alphabet.
- At this time we can meet people who are outside our household on a one to one basis and keeping a safe social distance of 2 metres, why not arrange a short walk with a friend, family member or work colleague.

## Resources

Walkers should be reminded to:

- Wash hands for 20 seconds or more before leaving home and as soon as they return
- If possible, wash or sanitise your hands after touching fences, gates, stiles or other surfaces whilst out walking
- Respect other people using the pavements and footpaths and slowing down, moving to one side or pausing in order to maintain social distance.

Walking Champions are not alone. There is a wide range of walking related information available.

The UK Charity for everyday walking  
[livingstreets.org.uk](https://www.livingstreets.org.uk)

The Walking for Health initiative, Ramblers  
[walkingforhealth.org.uk](https://www.walkingforhealth.org.uk)

Resources on the GMWalking website  
[gmwalking.co.uk/resources](https://www.gmwalking.co.uk/resources)

Join the Greater Manchester Walking Voice  
[gmwalking.co.uk/voice](https://www.gmwalking.co.uk/voice)

Keep up to date and be aware of the current government guidance around Covid 19  
[The UK Government's Covid-19 recovery strategy](https://www.gov.uk/government/strategies/covid-19/recovery-strategy)

#GMWalking #WalkFromHome  
#ThatCounts #activesoles

## Get in touch

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