



Why choose walking to be more active?



“It’s free, simple to do and
you can walk from anywhere”

When thinking about being more active it can seem daunting, especially if you have concerns such as a lack of time, money or confidence, a fear of hurting yourself, or a lack of knowledge about what type of exercise to do. This may be particularly true if you have specific health conditions.

However, the good news is walking can be a very accessible form of physical activity and it can make a great difference. It's a good place to start, it's free, simple to do and you can walk from anywhere.

Walking can help you to feel great again!

Walking is:

- **An easy and gentle way of increasing your activity levels**
- **Possible from your doorstep**
- **A low risk activity**
- **A low budget activity. No special equipment is required, just comfortable clothing and suitable shoes**
- **Possible to do anywhere, at anytime**
- **Possible to fit into your daily routine. Use walking as a means to get to places, for work, shopping or leisure**
- **Great for the environment**
- **Sociable. You can walk and talk with friends, family or an organised group, and meet new people**
- **A great way to explore and discover your local area**

What are the benefits of walking?

Research shows walking can:

- **Reduce anxiety and stress**
- **Improve your mood**
- **Help you to sleep better**
- **Improve confidence and self esteem**
- **Improve your heart and lung function**
- **Increase energy levels**

Other reported benefits of walking for individuals include:

- **Community:** A local walk with others can help you explore your local area, meet new people and connect with new community groups
- **Discovery:** Find new places of interest locally; look at the architecture, discover hidden green spaces or explore paths, bridleways, towpaths or quiet streets to walk along
- **Safety:** Regular walking can boost your confidence and help reduce any feelings of anxiety or danger when going outdoors
- **Reduce feelings of isolation:** Walking can be an incredibly sociable activity, providing an opportunity to connect with other people and strike up new friendships

- **Connect with others:** Walking as part of a group offers a chance to talk to other people
- **Connect with the natural environment:** Spending time in the outdoors and in the natural environment can have positive effects on your mental health
- **Purpose:** a regular walk can give you the reason to get ready and go out
- **Get some headspace whilst walking alone:** A walk can offer some time out from the family, a break from work or some thinking time.

The benefits of walking for workplaces

- **A healthier workforce:** reducing employee absenteeism. A report in 2008 (Health, Work and Wellbeing Programme-Working for a healthier tomorrow) found that physically active workers take 27% fewer sick days.
- **Improved staff productivity:** a more energised workforce
- **Stress relief:** boosts morale resulting in reduced staff turnover
- **Enhance the corporate image:** employer contribution to staff wellbeing
- **Employee networking:** Enabling colleagues to get to know each other

The environmental benefits of walking

Walking is the most sustainable and natural form of transport.

- **Walking does not produce excess carbon dioxide or noxious fumes**
- **Walking does not contribute to noise pollution**
- **Walking does not need vehicles or machinery, reducing the need for industrial processes**
- **Walking makes better use of public space. People can move around more freely on foot than in motor vehicles**
- **Walking links modes of transport together, thereby improving the connectivity of public transport systems**



WALKING CAN
HELP YOU TO FEEL
GREAT AGAIN!!

What about pace?

It is agreed that regular walking is good for your health, but to get the maximum benefits and improve the function of your heart and lungs 'brisk is best'. A brisk walk varies from person to person depending on your level of fitness. It is advised that you add a brisk section to your walk starting easy and gradually increasing your speed and duration.

You will know when you are walking more briskly as you will...

- **Breathe a little faster**
- **Feel a little warmer**
- **Notice your heart beating faster**

Even at a brisk walk, you should still feel comfortable and be able to hold a conversation with someone next to you.

Research shows that regular brisk walking can

- **Help to manage your weight**
- **Reduce your risk of type 2 diabetes**
- **Reduce the risk of developing cancers including; colon, breast and lung cancer**
- **Improve your flexibility**
- **Reduce the risk of osteoporosis**
- **Increase your 'good cholesterol'**
- **Boost your immune system**
- **Improve your mood, reduce anxiety and stress**
- **Improve the function of your heart, lungs and circulation**
- **Help to lower high blood pressure**
- **Reduce the risk of developing heart disease and having a stroke**

Regular walking can help you live a healthier and longer life. Being more active helps reduce your need for medical services and contributes to reducing the strain on our National Health Service.

WALKING IMPROVES
YOUR MOOD!

How much is physical activity should we be doing?

Adults and Older Adults (aged 18+) should aim to be active every day, and in one week include at least 2½ hours (150 minutes) of moderate activity such as brisk walking. One way of achieving this is by including a brisk walk for at least a total 30 minutes a day on at least 5 days a week. But it's important you start where you're at now and build up gradually. However you do it, it is best if each period of moderate activity is done in bouts of ten minutes or more.

Children and young people (aged 5-18) should also be active every day, but include at least 1 hour, up to 3 hours of moderate to vigorous activity each day.

Older people (aged 65+) should follow the adult guidelines, but anyone at risk of falls should also include activities that improve muscle strength, balance and flexibility on at least two days a week.

“Walking is the most likely way all adults can achieve the recommended levels of physical activity.” National Institute for Health and Clinical Excellence (NICE) guidance on Walking and Cycling 2012

Get in touch

gmwalking.co.uk

info@gmmoving.co.uk

0161 223 1002

