

## Care about Walking



# Why Walk?

Walking is a safe activity, especially for those who have not been active for some time. However, if you have any concerns about walking and your health, speak to a health professional, such as your care staff or GP.

Indoor and outdoor walking can provide lots of opportunities to explore greenspace, socialise with lots of different people and most importantly, be really good fun and enjoyable. Here are some of those benefits:

## INDOOR WALKING

Have a blether with friends and talk to different people



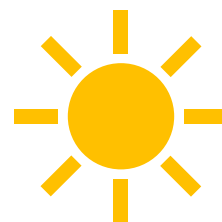
Walk round to water and look after the plants



Follow the colour marked route and make every step count

## OUTDOOR WALKING

Explore your outdoor greenspace and enjoy seeing trees, flowers and nature

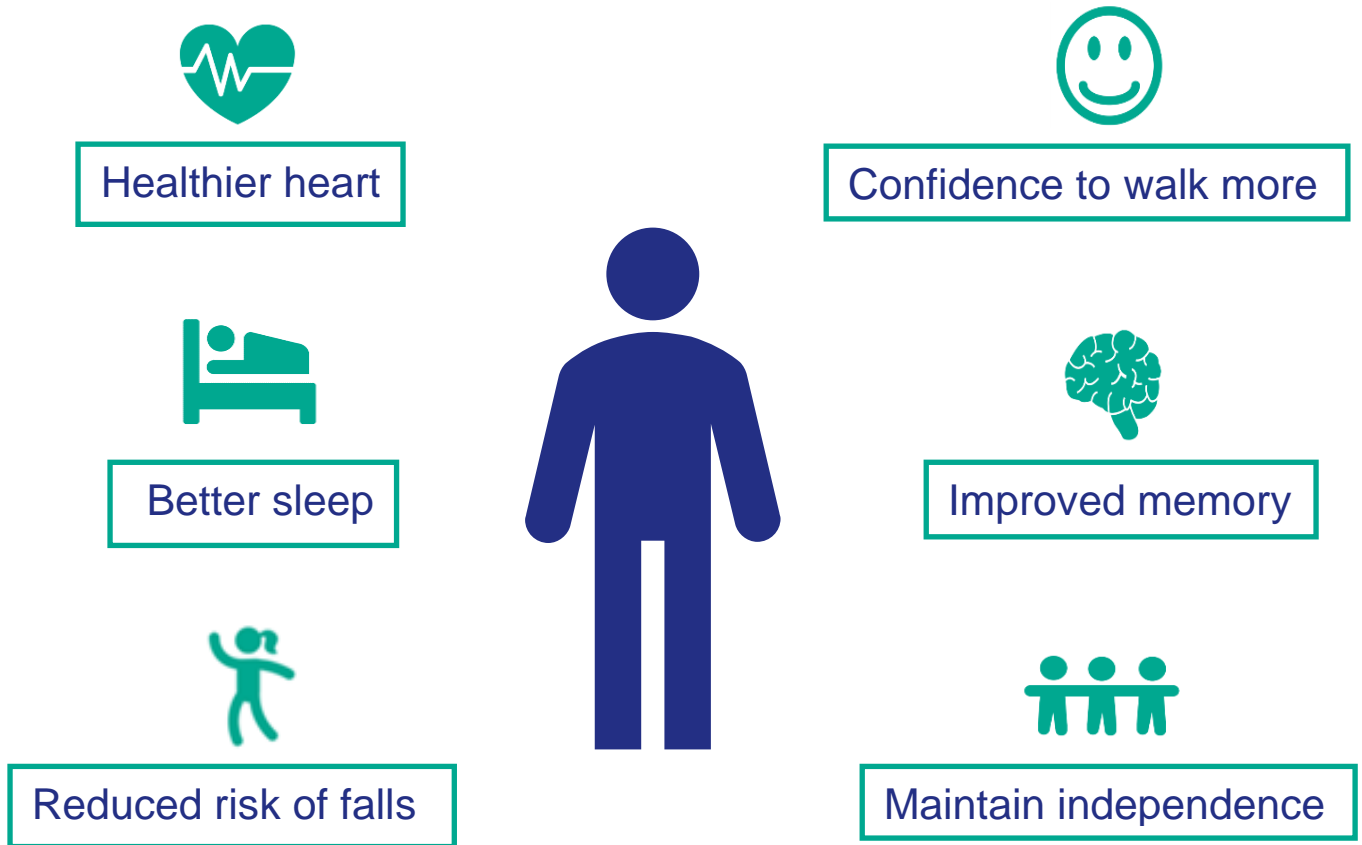


Make the most of warmer weather and enjoy being outside

Have lots of fun with friends and perhaps stop somewhere to enjoy a cuppa



By enjoying indoor and outdoor walking, you will also gain lots of health benefits as a result. Every step you take will make a difference to your mental and physical health, such as:



The key message is to move more and sit less. Make every step count and try to break up the length of time you spend sitting.

Here are some ideas on how to make the most of walking opportunities:

- **Arrange to meet a friend or group and walk together**
- **Go out for a walk with family when they visit**
- **Include a ‘pit stop’ on your walk and enjoy a sociable rest or even a cup of tea!**
- **Ask your care staff to organise a ‘walking activity’ such as scavenger hunts or nature or heritage walk**

# Getting Started

Be aware of how you feel when you walk. If you feel unwell slow down or stop. If these feelings continue when you are walking at a slower pace, speak to your care staff or GP.

Being more active will only become a habit if it's fun! Start slowly and develop your walking. Try to reduce the amount of time you spend sitting and combine walking with other activities, such as swimming, dancing or strength and balance exercises.

Aim to be able to talk as you walk. If you can't do this, then slow down your pace. Walk at a pace that you find comfortable. Towards the end of the walk, gradually start to slow down.

Start every walk slowly, then gradually increase to a steady, comfortable pace if you can, so that you:

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

# Counting Steps

One way to count your steps is by using a pedometer. There are lots of different types of pedometers so if you would like to use one, please ask a member of your care staff who can talk to you about which one may be most suitable.

Another way to count your steps is by following the coloured marked routes around your care home. Each route will tell you approximately how many steps you have taken.

If you do not want to count steps you can still note where you have been walking. For example, if you walked from the kitchen, around the garden and back, you can note this as your 'Garden Loop'.

Everybody is different.

Walk as far as you can manage and aim to increase your steps or length of walk over time.

You can record the number of steps you walk each day, or your walking route, on the poster provided.





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