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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.

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.



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

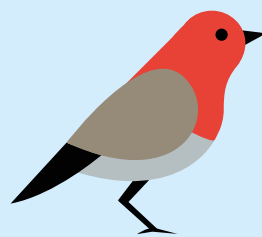


Take care of the plants and give them a water



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

Why Walk?

Indoor and outdoor walking has many health benefits. Every step you take will make a difference to your overall health and wellbeing, including:



Falls Prevention

There are simple steps you can take to stay steady and reduce your risk of falling

- > Use your **walking aid** if you have one.
- > Remove **trip hazards** e.g rugs and clutter.
- > **Be alert** when outdoors to uneven pavements, steps and weather conditions.
- > **Take care** of your feet. Wear supportive shoes.
- > **Manage your medications.** Report any side effects to your GP.
- > Eat a **balanced diet** and drink plenty of fluids. Avoid alcohol.
- > **Arrange** annual eye tests and keep glasses clean. Have bright lights and consider night-time lighting.

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.

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 chart provided.





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