

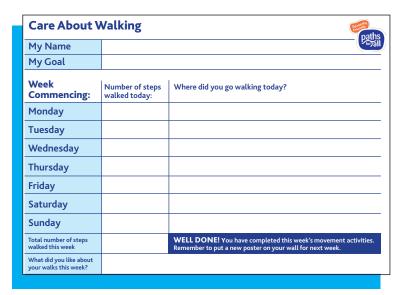
The 'Care About Walking' resource pack has been developed to help healthcare staff become more aware of the benefits of walking, including improving physical and mental health and socialising opportunities. Used with a wall chart, residents can track their steps taken and keep a record of progress made.

The following information explains the resources which are in the Care About Walking resource pack.



The Care About Walking information booklet provides information on indoor and outdoor walking, the health benefits of walking and how to get started. It explains various ways in which residents, patients and clients can count their steps.

Share a copy of the Care about Walking booklet with the person you care for and encourage family and friends to support walking activities.



The **Wall Chart** has been designed to allow easy tracking of walks and number of steps taken. There is also space to set a weekly goal.

Wall charts should be placed where they are easily accessible and acts as a visual reminder.

Encouragement should be given to complete the charts for a minimum of 4 weeks to support positive behavior change.

8 posters have been designed to encourage and positively promote walking. The different designs and key messages allow posters to be displayed along the corridors of the walking routes.

These can be downloaded from www.pathsforall.org.uk/resources/resource/health-settings



A variety of **pedometers and accelerometers** can be used to help track the number of steps taken. Talking pedometers may also be helpful.

If you have any queries relating to the Care About Walking resource pack, please contact the Paths for all team:

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