

# Feeling great, one step at a time

Walker's Guide and Diary

paths  
for all



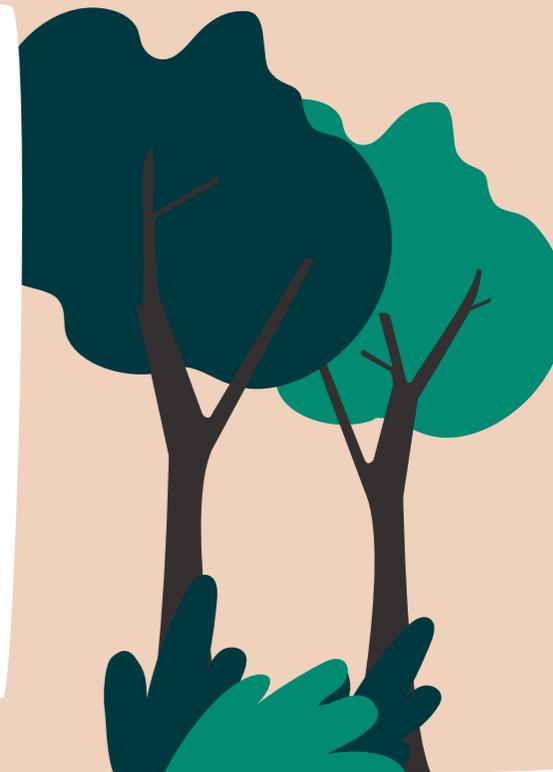
# Say 'hello' to your pedometer and your walking diary

Your age and ability don't matter a bit: it's never too late to get more active. All that matters is that you want to get moving. Remember, we're here to help.



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# Getting started

It's hard to believe, but a tiny gadget and a diary are going to help you get more active.

How? By counting and recording every step you take, you can see exactly how far you've walked each day. When you know how far you've walked, you'll be tempted to walk a little more. It's free, it's fun – and it's a really achievable challenge. You can do it!

## Raring to go?

Once you've read the information in your pack, all you need to do is decide when to start the programme. Then, record your progress over 12 weeks in the diary. The pack has lots of ideas to increase the amount of walking you do – all as part of your daily routine. To find a local Health Walk, or other local walking activities, see the Paths for All website at [www.pathsforall.org.uk](http://www.pathsforall.org.uk).

## A word or two about your health

Walking is brilliant: there are loads of health benefits. Have a look at the 'Walk more feel the difference!' leaflet in your pack.

Walking's also very low risk. In saying that, it pays to use a bit of common sense. Keep an eye out for traffic and choose routes that are well used.

You should wear appropriate clothing and shoes for the conditions, e.g. a jacket for warmth or something bright if it is dark out, but the most important thing is that you're comfortable.

If you're concerned about your health, have a word with your GP before you start the programme.

## Happy Walking!

"I did enjoy using the pedometer, and it made me more aware of how much exercise I actually take. I would say that I definitely make the choice now to walk whenever I can."



aim to be more active

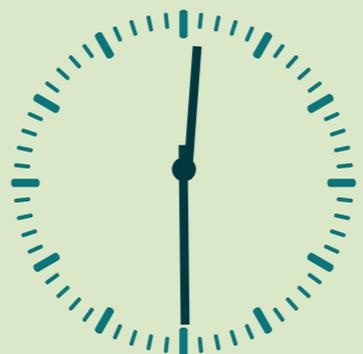
150 minutes a week of brisk walking

= **thirty minutes**

walking at a steady pace

**5 DAYS**  
a week

**walk more, sit less**



# Why walk?

The advice is pretty simple: every adult should aim to be active every day.

The benefits of being physically active include improving your physical and mental health, getting a better sleep, maintaining a healthy weight, managing stress, and improving quality of life.

To maximise these benefits, the recommendation is that you spend at least 150 minutes (2.5 hours) doing moderate intensity activity every week.

The good news is that brisk walking counts. So you could **hit the goal just by walking at a steady pace for 30 minutes, five days a week.**

And you can split this into smaller chunks, such as walking for 10 minutes, 3 times a day.

Here's another bit of simple advice: adults need to limit the time they spend sitting. Try taking regular short walks at work or making a cup of tea during the adverts when you're watching TV.

**Or to put it another way, "walk more, sit less"**

Active people live longer and have healthier lives. Being active:

Can reduce the risk of heart disease by half

Lowers the risk of strokes

Reduces the risk of some cancers, particularly colon and breast cancer

Reduces the risk of type 2 diabetes and can help control diabetes

Improves mood and reduces the risk of depression

Helps older adults to protect their joints, stay independent and reduce the risk of falls



# Activity trackers explained



**An activity tracker is a wearable device or mobile app that records a person's daily physical activity.**

A pedometer is a perfect example of a tracker that is compact and easy to use. It gives you a really good idea of how far you've walked each day. If you prefer to use a different device to record your steps, you can still use it in conjunction with this guide and diary.

Once you know how far you usually walk, you can set targets to increase your daily step count and physical activity.

## How it works

Inside the pedometer, there's a tiny pendulum. This moves when you walk and lets the pedometer count your steps. The pedometer's pretty smart: you need to take six steps in a row before it'll start counting. That stops it picking up false readings, for example, when you're brushing your teeth or standing in a slow queue.

## How to use your pedometer

If you're using the pedometer that came with this pack, here are a few pointers to help you get started:

1. Open the front by easing the catch away from the belt clip.
2. Start the battery by pulling out the plastic isolation strip (zero will appear on the screen).
3. Remove the protective film from the screen.
4. Clip the pedometer securely to your belt or waistband (by your hip bone is best).
5. Start walking! You'll have to take at least seven continuous steps for them to register on the digital display.
6. To reset your count the next day, press and hold the reset button for three seconds.
7. When you need to change the battery, open the battery compartment by fitting a coin into the groove at the base and twist. Insert the battery (+ side upwards) and click the compartment shut.



# It's time to set your goals

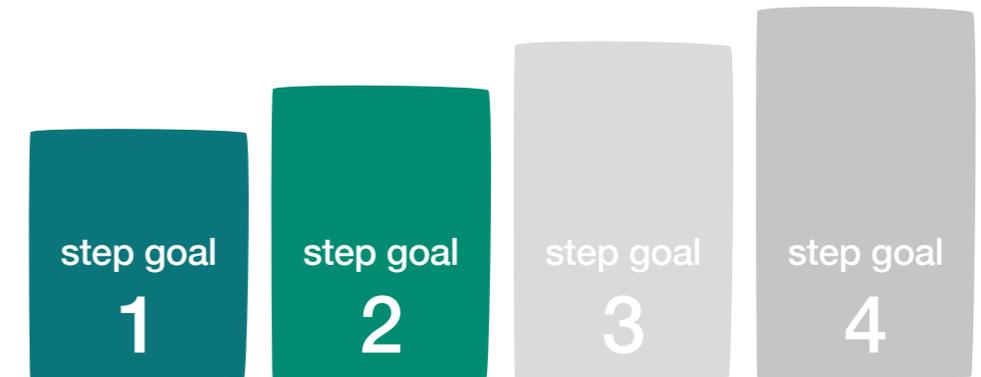
## 4 steps to more steps

Everyone's different: there's no 'right' number of steps you should take each day. Just set the goals that are right for you.

### Where are you now?

Flick to **page 11** of this booklet – it shows you how to work out the number of steps you take in an average day. This is your Starting Step Count.

Once you know this, you can work out your **four step goals**.



# Get to know your pedometer

**It's a good idea to practise using the pedometer or activity tracker before you start recording your steps.**

That way, you'll know it's working properly where you've attached it. It's easy to check: just count the number of steps you take over a short distance and see if the pedometer or tracker agrees.



# Find your Starting Step Count

1. Wear your pedometer or tracker all day for three typical days – not just when you go for a walk.
2. Write your steps for those days in the boxes below and add them together.
3. Divide this total by three – then round this number up or down to the nearest 500.
4. That's it! You've found your Starting Step Count!



This is your Starting Step Count

# Set your step goals

Work out your 4 step goals on the page opposite.

Don't worry: these are just suggested goals.

Walk an extra 1500 steps on 3 days of the week  
**Step goal 1**  
weeks 1&2

Walk an extra 1500 steps on 5 days of the week  
**Step goal 2**  
weeks 3&4

Walk an extra 3000 steps on 3 days of the week  
**Step goal 3**  
weeks 5&6

Walk an extra 3000 steps on 5 days of the week  
**Step goal 4**  
weeks 7 to 12

**STEP**

# Your personal goals

**Starting step count** =  (see page 11)

**Step goal 1** =  + 1,500 =  steps on 3 days of the week  
(weeks 1 & 2) (Starting step count)

**Step goal 2** =  + 1,500 =  steps on 5 days of the week  
(weeks 3 & 4) (Starting step count)

**Step goal 3** =  + 3,000 =  steps on 3 days of the week  
(weeks 5 & 6) (Starting step count)

**Step goal 4** =  + 3,000 =  steps on 5 days of the week  
(weeks 7 to 12) (Starting step count)

Now fill in your step goals on pages 20 to 33 of your diary.

# Get walking

## Work towards your goals

- Pick a day to start recording your steps. The diary starts on a Monday, so you might want to start next Monday.
- Put your pedometer or tracker on when you get up. Remember to reset it first. Wear it all day, not just when you go for a walk.
- Write your step count in the diary at the end of each day. If you like, you can also record the time spent walking, where you walked and how you felt during or after the walk. It's up to you.
- Try and achieve all four goals.

# 4

STEP



# Walking tips

## How many steps and at what pace?

### Final goal

Your Starting Step Count plus  
3,000 steps on five days a week.

### Pace

Walk, but still be able to talk! Start every walk slowly. Then gradually increase to a steady, comfortable pace, so that you increase your breathing rate, feel your heart beating a little faster and feel warmer.

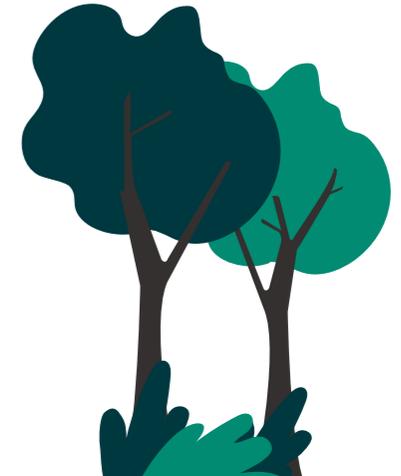
When you start the programme, don't worry about your speed. Just increase your step count at a pace you find comfortable. Don't worry about anyone else.

Be aware of how your body feels when you walk. If it's a hot day, you'll probably sweat a little.

And when you're walking up a slope, you'll get tired a bit faster than usual.

This is all absolutely normal. If you do feel unwell, just slow down or stop.

Speak to your doctor if you have any concerns.



# How far am I walking?

This table will help you convert between walking time, steps and distance. Please note it's only a rough guide and will depend on your pace and stride length.



Walking time minutes	Steps	Distance	
		miles	kilometers
10	1000	0.5	0.8
15	1500	0.75	1.2
20	2000	1	1.6
25	2500	1.25	2
30	3000	1.5	2.4
35	3500	1.75	2.8
40	4000	2	3.2
45	4500	2.25	3.6
50	5000	2.5	4
55	5500	2.75	4.4
60	6000	3	4.8

# How can I increase my daily step count?

## Get social: Join a local Health Walk

Sure, you can always get out and walk on your own. But it can be more fun to walk in a group, especially when you're starting out. It's also a great way to stay motivated!

Paths for All supports a network of Health Walk groups right across Scotland. Members of the Scottish Health Walk Network provide short (less than 60 minutes), low level, accessible group walks that are led by trained Walk Leaders and are **FREE** to attend. Everyone's welcome, especially new faces. And because the walks are led by trained volunteers, you know the pace is going to be just right.

To find a local group visit [www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)

**No Health Walk nearby? Why not set one up?**  
 Paths for All can give you advice and train you to become a volunteer Walk Leader. Funding may also be available.  
**Check out our website or contact us via [info@pathsforall.org.uk](mailto:info@pathsforall.org.uk) for further information.**



# Use your local paths



## There are more than you think!

For leaflets and maps of local paths check out your library. There's a good chance they'll have some. You could also ask your local Council's Access Officer or Ranger Service; they'll usually be able to tell you about traffic-free paths.

Tourist Information Centres can be a good source of information too. Prefer to work out precise distances and map your route online? There are lots of websites to choose from.

Have a look at [walkit.com](http://walkit.com), [mapmywalk.com](http://mapmywalk.com) and [walk4life.info](http://walk4life.info).

There are more examples at [www.pathsforall.org.uk/pedometer](http://www.pathsforall.org.uk/pedometer) as well as links to other websites to discover local routes.

### Even more ideas!

Have a look at the 'Walk more feel the difference!' leaflet and the Diary. They've got lots of inspiration to help you walk more and put walking at the centre of your daily routine. There are also top tips on how to walk more at [www.pathsforall.org.uk/lets-walk](http://www.pathsforall.org.uk/lets-walk)

# Your diary

Name:

Date started:

Date completed:



**Week 1** Step Goal 1 – to walk an extra 1,500 steps on 3 days of the week  
 Target step count for 3 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Why not get off the bus a stop or two early? You'll fit in plenty of extra steps when you walk the rest of the way.

**Week 2** Step Goal 1 – to walk an extra 1,500 steps on 3 days of the week  
 Target step count for 3 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Which local journey could you walk instead of driving – could you walk to work or the local shops? You'll fit in lots of extra steps, and save money too.

**Week 3** Step Goal 2 – to walk an extra 1,500 steps on 5 days of the week  
 Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Walk to socialise and meet friends, or introduce a friend to walking.

**Week 4** Step Goal 2 – to walk an extra 1,500 steps on 5 days of the week  
 Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Unwind. Take a stroll in the park and enjoy your local area.

**Week 5** Step Goal 3 – to walk an extra 3,000 steps on 3 days of the week  
 Target step count for 3 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Why not use the stairs instead of the lift or escalator?

**Week 6** Step Goal 3 – to walk an extra 3,000 steps on 3 days of the week  
 Target step count for 3 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Congratulations! You've completed six weeks of regular walking. Give yourself a reward and... keep walking!

# Your half way point reached

Congratulations – you've completed six weeks of regular walking...  
Why not reward yourself with a treat?



**Week 7** Step Goal 4 – to walk an extra 3,000 steps on 5 days of the week  
 Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Walk more, sit less! Stroll over to speak to a colleague in person at work, instead of using the phone or email. When you're watching TV, make an effort to get up and stretch your legs during the ad breaks.

**Week 8** Step Goal 4 – to walk an extra 3,000 steps on 5 days of the week  
 Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Go for an evening stroll with friends or family.

## Week 9 Step Goal 4 – to walk an extra 3,000 steps on 5 days of the week

Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Take the dog for an extra 10 minutes walk – even if you don't have a dog!  
(Seriously: why not ask a friend if you can borrow theirs?)

## Week 10 Step Goal 4 – to walk an extra 3,000 steps on 5 days of the week

Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Park the car a bit further away from where you're going. It's a great way to fit in more steps.

**Week 11** Step Goal 4 – to walk an extra 3,000 steps on 5 days of the week  
 Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Find a pal that you would like to chat to; invite them for a 'walk and talk'.

**Week 12** Step Goal 4 – to walk an extra 3,000 steps on 5 days of the week  
 Target step count for 5 days of the week = \_\_\_\_\_

Day	No. of steps	Total time spent walking	Details of walks	How I felt during or after the walk	Target reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Congratulations! You've completed 12 weeks of regular walking. Now, keep walking and tell everyone how great you feel!



# Well done! What now?

You've completed 12 weeks of regular walking. Feeling fitter? Healthier? Great!

**Keep it up!**  
By walking more, you may be starting to see some of the benefits listed on page 5. To keep getting the benefits, you need to **keep walking at this level.**

**Add some variety**  
Why not do longer walks at the weekends? Find new routes to explore beyond your local area. You could also walk with a friend or family member as a walking 'buddy' and encourage them to try a pedometer. If you feel able, you could increase your pace or try a route involving a hill.

**Join a walking group**  
The Scottish Health Walk Network supports hundreds of Health Walks throughout Scotland each week. To find out where your nearest one is, see [www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)

Or if you're ready to walk a bit further, try local walks led by Countryside Rangers, Ramblers Scotland or local walking clubs. Ask your local council, library or Tourist Information Centre.

**Become a volunteer Walk Leader**  
Find a local Health Walk via our online map at [www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks) and offer your services as a volunteer Walk Leader or, if there isn't one near you, you could start up your own.

**Workplace walking**  
Paths for All can help you and your colleagues move more and feel the benefits at work too! Find out more about our Step Count Challenges, Workplace Walk Leader Training and Walk at Work Award at [www.pathsforall.org.uk/walking-for-health/workplacewalking/](http://www.pathsforall.org.uk/walking-for-health/workplacewalking/)

**Take part in a sponsored walk**  
There are events held throughout the year by charities such as the British Heart Foundation. Or why not organise your own?

**Add another activity**  
As well as brisk walking, try some other moderate physical activities such as gardening, Nordic walking, bowls, golf, tai chi, exercise classes or dancing. As you become more active, you could also include vigorous physical activities such as swimming, jogging or cycling.

**Strength & balance**  
It's also recommended you incorporate Strength & Balance exercises into your weekly routine to complement your walking: [www.pathsforall.org.uk/walking-for-health/strength-and-balance](http://www.pathsforall.org.uk/walking-for-health/strength-and-balance)

# Not quite made it yet?

If you haven't reached your final goal, don't worry.

Everyone is different. You might just need a few more weeks to reach your goal. Focus on what you do, and set goals that are right for you.



## About Paths For All

Paths for All is a Scottish charity. We champion everyday walking for a happier, healthier Scotland. Our aim is to significantly increase the number of people who choose to walk in Scotland – whether for leisure or for short journeys.

For more information about Paths for All, and to find out more about walking opportunities in your area please visit

[www.pathsforall.org.uk](http://www.pathsforall.org.uk)

You can also sign up to receive a free monthly newsletter.

✉ [info@pathsforall.org.uk](mailto:info@pathsforall.org.uk)

🐦 [@PathsforAll](https://twitter.com/PathsforAll)



# We would like to hear how you got on...

Let us know how this pack has helped you to achieve your goals. Send us a few words, a picture, or - if you're feeling creative – a poem about your 12 week pedometer journey. Help inspire others by sharing your achievement.

[pedometer@pathsforall.org.uk](mailto:pedometer@pathsforall.org.uk)



Paths for All is a partnership organisation, for a full list of our current partners please visit our website, [www.pathsforall.org.uk](http://www.pathsforall.org.uk). Paths for All Partnership is a recognised Scottish Charity No: SC025535 and a Company Limited by Guarantee No: 168554 incorporated 19 September 1996 at Companies House, Edinburgh. Registered Office: Paths for All, Kintail House, Forthside Way, Stirling FK8 1QZ.

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