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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.

That means at least 150 minutes (2½ hours) of moderate intensity physical 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. It's easy to do: 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

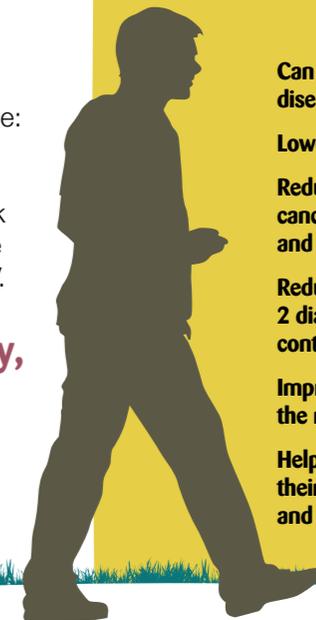
Lowers the risk of strokes

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



Pedometers explained

A pedometer gives you a really good idea of how far you've walked each day.

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

After you've worn the pedometer for a while, you'll have a good idea of how many steps you've walked without even looking!

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.

Faulty pedometer?

Just have a look at the Pedometer FAQs at: www.pathsforall.org.uk/pedometer. We'll have you up and counting your steps again in no time.

How to use your pedometer

There's a bit more detail on the pedometer instruction card: you'll find one in your pack. But here are the basics:

1. **Pop in the battery – it'll last for ages.**
2. **Choose where to wear it – clip it onto your waistband, or a belt above your hip. You can attach it at the front or back, whatever you find most comfortable. As long as it's pretty much vertical, you're fine.**
3. **Keep it safe – you don't want to lose it, so use the small leash to tie it onto your clothing or a belt.**
4. **Start walking!**



It's time to set your goals

4 steps to more steps

Everyone's different: there's no 'right' amount 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 before you start recording your steps.

That way, you'll know the pedometer is 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 agrees.



STEP

Find your Starting Step Count

You'll need to do a tiny bit of work:

1. Wear your pedometer 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!



STEP

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.

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

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

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

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

STEP

Your personal goals

Starting step count = (see page 11)

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

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

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

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

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 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. You may like to use the stickers in the diary to show where you have achieved them!



Walking tips

How many steps and at what pace?

Final goal

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

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.

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.

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	1/2	0.8
15	1500	3/4	1.2
20	2000	1	1.6
25	2500	1 1/4	2
30	3000	1 1/2	2.4
35	3500	1 3/4	2.8
40	4000	2	3.2
45	4500	2 1/4	3.6
50	5000	2 1/2	4
55	5500	2 3/4	4.4
60	6000	3	4.8

How can I increase my daily step count?

Get social: Join a local Health Walk group

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. Their free, weekly walks are fun, social and safe. 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
 or call us on **01259 218888**.

No Health Walk group 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.



Use your local paths

(We promise: 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 free websites to choose from.

Have a look at walkit.com, mapmywalk.com and walk4life.info.

There are more examples at 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.

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	Goal 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	Goal reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Walking tip: Leave the car at home: 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	Goal 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	Goal 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	Goal 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	Goal reached
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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



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	Goal 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	Goal 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	Goal 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	Goal 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	Goal 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	Goal 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!

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

Try local walks led by Countryside Rangers, Ramblers Scotland or local walking clubs. Ask your local Council, library or Tourist Information Centre.

If you haven't joined a free, local Health Walk group yet, now's the time: find out more on page 17.

Become a Volunteer Walk Leader

Contact Paths for All for information on leading Health Walks.

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.

Visit www.activescotland.org.uk to find details of local activities. And tell everyone how great you feel!

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.

