



Working Towards Wellbeing

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Walking Works Wonders

Tips to help you stick to your walking programme

The toughest thing about starting a fitness program is developing a habit

Set your self a target and goals to achieve

Arrange to walk with a friend as this can help you to stick to it

Put "exercise appointments" on your calendar.

Keep a daily log or diary of your walking activities.

Check your progress. Can you walk a certain distance faster now than when you began?

Use a pedometer to measure how far you are able to walk in a day. A long term target is 10,000 steps a day.

Don't exercise if you feel unwell or have any symptoms that worry you

Follow an on line walking programme such as

<http://www.nhs.uk/Livewell/getting-started-guides>

Or turn over for our W2W walking workout

How to start a walking programme

Walking is one of the easiest and best forms of exercise. All you need is a good pair of well fitting shoes such as trainers, comfortable clothing, and some get up and go!

Walking every day at a pace that is fast enough to get you slightly out of breath (you should still be able to talk) will soon start to make you feel fitter and stronger.

If you have not walked for a long time, work out how far you think you can go before you will be tired. Chose a distance that is 5 minutes less than this for your first weeks walking.

Decide where you will walk to. Its a good idea to choose an open green space if you can as this is good for your spirits, but its fine to just walk out of your front door if you don't have time to go further afield.

Start your walk at a slow pace, After 5 minutes speed up until you are breathing faster. End your walk with the slower pace . That's it? Yes, that's it. Do this every day for a week.

Once this becomes easy for you, add five minutes to your walks for the next week. Keep adding 5 minutes until you are walking for 150 minutes a week. Walk at a "talking" pace. (Talking pace means you are slightly out of breath but can still carry on a conversation).

You will get more benefit from walking if you WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

Drink plenty of water before, during, and after walking. Have something healthy to eat that includes carbohydrates about two hours before you start, and a healthy snack within 30 minutes of finishing such as a banana to replenish your energy .





Working Towards Wellbeing Walking

Top tips for the W2W walking workout

- ◆ Wear comfy shoes and make sure your feet are well supported. For ladies, wear a sports bra.
- ◆ If you have lymphodema make sure you wear your pressure garment
- ◆ If you have not exercised for a while, start out gently and build up gradually. If you don't feel well take the day off. Start again when you feel better
- ◆ Go out with a friend. It's a great way to motivating one another to keep going.
- ◆ Warm up by starting your walk slowly and gradually increasing your pace until you are slightly out of breath.
- ◆ Cool by walking slowly at the end of you walk.
- ◆ It's important to stay hydrated before, during and after exercise – don't wait until you are thirsty.
- ◆ Once you can walk for 40 minutes without feeling tired work on increasing your pace.
- ◆ Do 5 minute at your normal pace to warm up, Then alternate a minute of walking fast with a minute of slower walking for 20 minutes Cool down for 5 minutes at the end.
- ◆ The next week increase the fast walking to 2 minutes fast and one minute slower and so on. This will help you to increase your walking speed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk for 15 minutes	REST DAY	Walk for 15 minutes	REST DAY	Do Get Active Feel Good warm up	REST DAY	Walk for 20 minutes
Week 2	Walk for 20 minutes	REST DAY	Walk for 20 minutes	REST DAY	Walk for 25 minutes	Do Get Active Feel Good warm up and level 1 for 20 minutes	REST DAY
Week 3	Walk for 25 minutes	REST DAY	Walk for 25 minutes	REST DAY	Do Get Active Feel Good warm up and level 1 for 30 minutes	REST DAY	Walk for 30 minutes
Week 4	Walk for 30 minutes	REST DAY	Walk for 25 minutes	REST DAY	Walk for 30 minutes	Do Get Active Feel Good warm up and level 1 for 30 minutes	REST DAY
Week 5	Walk for 35 minutes	REST DAY	Walk for 30 minutes	REST DAY	Do Get Active Feel Good warm up and level 1 for 30 minutes	REST DAY	Walk for 35 minutes
Week 6	Walk for 40 minutes	REST DAY	Do Get Active Feel Good warm up and all level 1	REST DAY	Walk for 40 minutes	Walk for 40 minutes	REST DAY