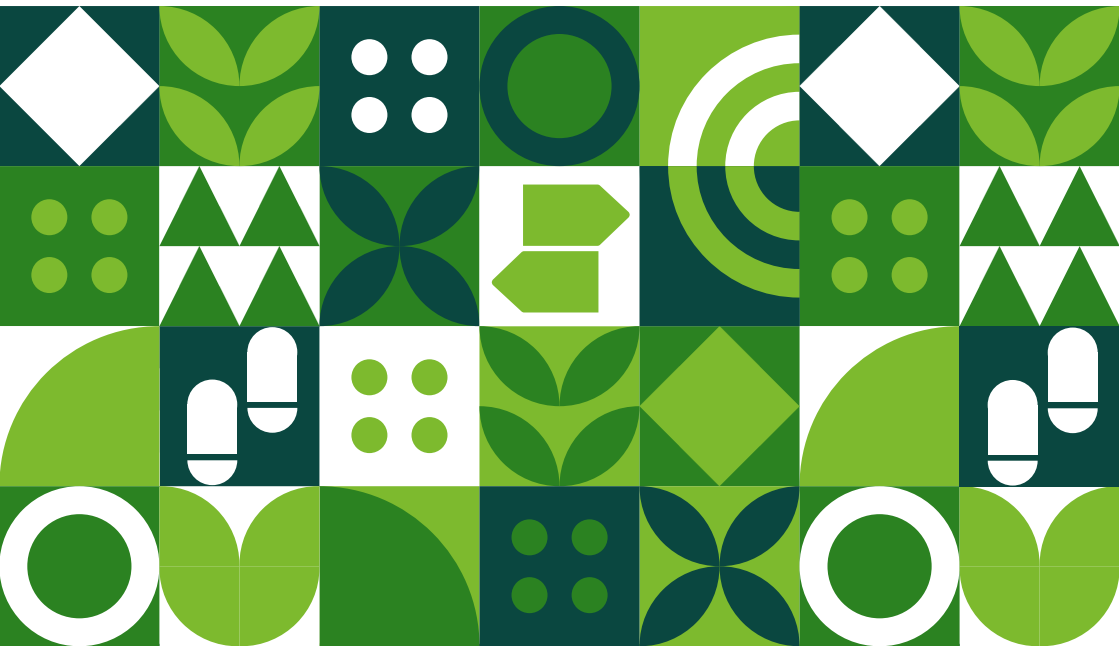


Walk Handbook

Inspire people to build healthy walking habits



Funded by:



Developed by:



Why walk?

Whether a wander, a stroll or an amble, walking is a great way to get physically active and it has huge benefits for our health and wellbeing.

Walking is the easiest, cheapest and most accessible form of exercise for most people. It's fun, easy, versatile and adaptable – whether you're walking, wheeling or using mobility aids.

This Walk Handbook is to inspire you to take a regular walk in your local area – whether walking in an organised group, with friends and family or on your own.

Your walks can be gentle, low level and short. There are lots of interesting and attractive places to walk – including parks, heritage trails, canal towpaths, shared off-road routes, reservoirs, playing fields, green open spaces, woods and nature reserves.

There are lots of reasons for walking.

Tick what's relevant to you and notice if this changes as you walk more. There's space for you to add your own reasons or create some motivating goals.

- | | |
|--|--|
| <input type="checkbox"/> Find new routes | <input type="checkbox"/> Find points of interest |
| <input type="checkbox"/> Get fitter | <input type="checkbox"/> Take photos or sketch on a walk |
| <input type="checkbox"/> Walk to the shops | <input type="checkbox"/> Have fun |
| <input type="checkbox"/> Find routes that avoid busy roads | <input type="checkbox"/> Burn calories |
| <input type="checkbox"/> Walk rather than use bus, taxi or car | <input type="checkbox"/> Look and listen to nature |
| <input type="checkbox"/> Feel happier | <input type="checkbox"/> Walk and talk |
| <input type="checkbox"/> Breathe fresh air and be outdoors | <input type="checkbox"/> Count your steps |
| <input type="checkbox"/> Walk regularly | <input type="checkbox"/> Make new friends |
| <input type="checkbox"/> | <input type="checkbox"/> |



Warm up exercises from the Royal Osteoporosis Society

Before going for a walk, doing warm up exercises can get your muscles and joints ready and stretch your knees, arms/shoulders and toes/ankles. Do these simple exercises for about 5 minutes.



Scan the QR code to watch the accompanying teaching video.

1

Walk on the spot

- Move your arms in rhythm with your steps
- Keep your elbows bent
- Continue for one minute



2

March on the spot

- Move your arms up and down in rhythm with your steps, increasing the height of your knee lift from a walk
- Keep your elbows bent
- Continue for two minutes



3

Trunk twist

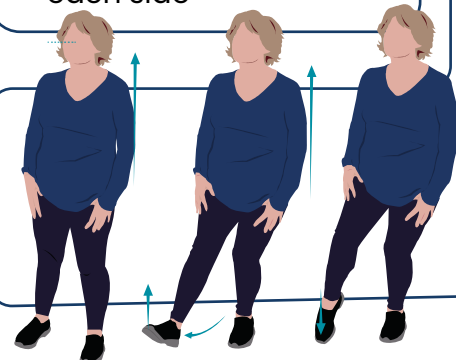
- Place feet shoulder width apart, keep your back tall, tummy muscles pulled in and bend your knees slightly
- Raise your arms between chest and shoulder height with your elbows bent, resting your hand on top of the other
- Gently rotate your shoulders and torso to the right (as far as you can comfortably go), letting your head move with your spine, keeping your hips facing forward
- Return to the centre and repeat to the left Repeat 5 times on each side



Ankle Mobility

- Place feet shoulder width apart, lengthen your spine and keep your back tall
- Place one heel out on the floor slightly in front of you with your toes pointing up
- Lift your knee then move the foot slowly so the toe touches the same spot on the floor and the heel points up
- Repeat 8 times on each foot
- Tip: Aim for as much movement at your ankles as you can

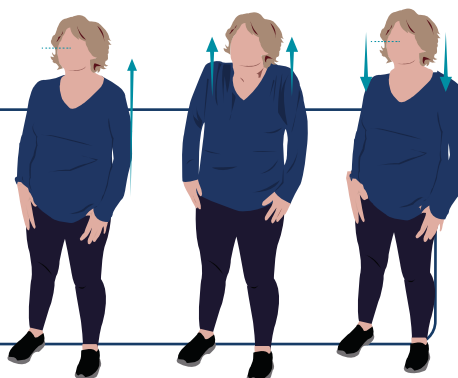
4



5

Shoulder circles

- Place feet shoulder width apart, keep your back tall, tummy muscles pulled in and bend your knees slightly
- Raise both your shoulders up toward your ears, opening them out towards your back and lowering deep into your spine, returning to neutral position
- Repeat at least 5 times



- Look forwards being careful not to let your ear drop to your shoulder and keep your hips and shoulders facing forwards
- Hold for a few seconds then return to the centre and then lean to your left
- Repeat 5 times on each side
- Tip: Imagine you are between two panes of glass and have to stay in line as you lean sideways



6

Side bends

- Place feet shoulder width apart, keep your back tall, tummy muscles pulled in and bend your knees slightly
- Keep your hands down by your sides
- Keep your tummy muscles pulled in and slowly bend at your waist, leaning over to your right, keeping your back straight



**Royal
Osteoporosis
Society**

Better bone health for everybody

The Royal Osteoporosis Society is the UK's largest national charity dedicated to improving bone health and beating osteoporosis. A healthy lifestyle, including exercise, is important for bone health and osteoporosis. Find out about the exercises that keep your bones strong at theros.org.uk

Note: The images are owned by the Royal Osteoporosis Society and are not to be reproduced.

Source: Royal Osteoporosis Society – Warm up exercises

<https://theros.org.uk/information-and-support/fact-sheets-and-booklets>

Walking Tips



1. Foot movement

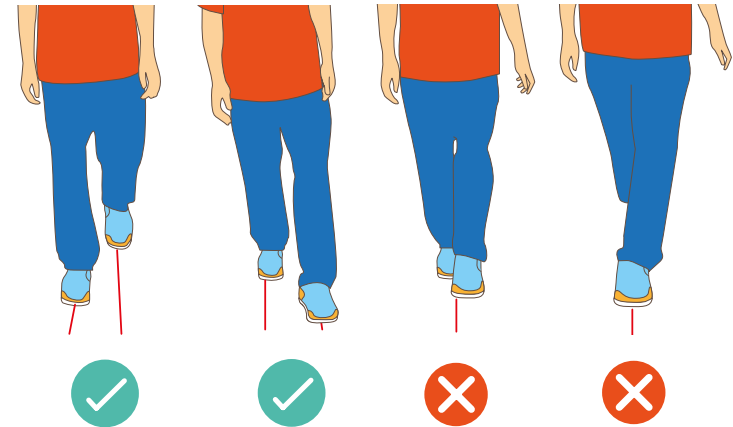
When left heel lands on the ground, your weight begins to shift from the right to left foot.

When your left sole lands on the ground, your weight shifts to the left foot gradually. The right foot is then raised.

When you pull off your left toes from the ground, your weight shifts back to the right foot.

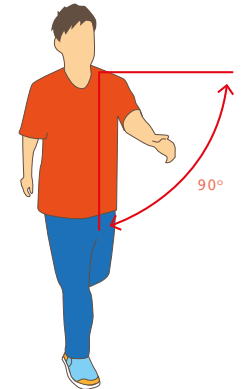
2. Track of movement

Each foot should move forward on its own track to maintain a balance.



3. Arm movement

When walking, keep both arms slightly bent and swing naturally as you walk. The normal rhythm is left foot up, right arm up and vice versa. As the pace of walking increases, you swing your arms more, but no more than 90 degrees.



Source: Christian Family Service Centre – About Walking (under Hong Kong’s “Jockey Club Age-friendly City Project – Walk the City for Active Ageing”)

<https://jcafc-port.hk/en/afc-resource-hub/about-walking>

Benefits of walking



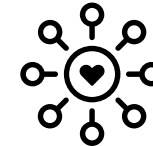
Physical health

- Keep your heart, lungs and circulation healthy
- Reduce risk of heart disease, high blood pressure, and stroke
- Strengthen your bones and prevent osteoporosis
- Help your core muscles (those that keep you stable in your lower stomach and back area) and glutes (bum muscles)
- Help to lose weight and reduce risk of Type 2 diabetes
- Reduce risk of developing some cancers (e.g. breast, bowel and womb cancer)
- Boost your immune system



Mental wellbeing

- Improve your mood, reduce anxiety and stress levels, relieve depression
- Increase relaxation, calm your mind and nervous system, focus on your breathing
- Improve your memory with daily walk
- Help you sleep better, giving you more energy in the day
- Reduce risk of dementia



Social

- Meet new people and make friends
- Walking in a group or with friends helps tackle feelings of isolation or loneliness
- Integrate walking into daily life (e.g. shopping, dog walking, visiting family and friends, taking part in volunteering, social activities)



Community

- Have more understanding of your community and discover interesting things
- Reduce carbon emissions and air pollution which leads to a range of very serious health conditions and contributes to early deaths in a city
- Clean up the air and make a nicer, more attractive place for people to grow up, get on and grow old

Sources: Transport for Greater Manchester – Walking: make it a habit



















































<https://beeactive.tfgm.com/walking/walking-ditching-the-car-keys>

AgeUK – Walking tips and advice for older people

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/walking-tips-advice>



















































Walking Journal

The Walking Journal helps you to track your progress and make a record of your walks and make notes on your reflections, observations and feelings.




Date	Where did you walk?	How long was it? Miles/ kilometres, minutes, steps	What were the memorable moments? What did you see, hear, smell, touch, do?	How did you feel after your walk?
				    
				    
				    
				    
				    
				    
				    
				    
				    
				    

Walking Journal

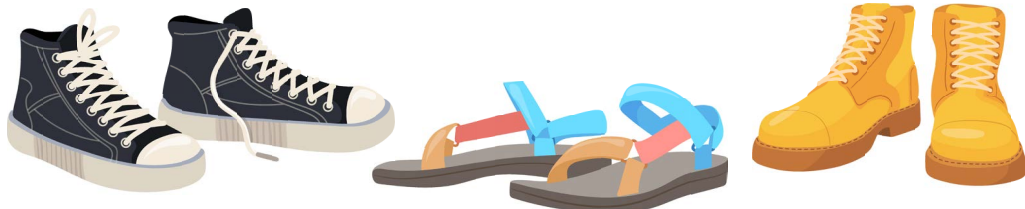
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Scavenger Hunt

A dog <input type="checkbox"/>	Fountain <input type="checkbox"/>	 <input type="checkbox"/>	Post box <input type="checkbox"/>
Robin <input type="checkbox"/>	 <input type="checkbox"/>	Road cone <input type="checkbox"/>	Street light <input type="checkbox"/>
Gate <input type="checkbox"/>	Park bench <input type="checkbox"/>	Pedestrian crossing <input type="checkbox"/>	Telephone box <input type="checkbox"/>
Feather <input type="checkbox"/>	 <input type="checkbox"/>	Twig <input type="checkbox"/>	Pebble <input type="checkbox"/>

 <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Brown leaf <input type="checkbox"/>	Flower <input type="checkbox"/>
Green leaf <input type="checkbox"/>	Duck <input type="checkbox"/>	Something Smooth <input type="checkbox"/>	Puddle <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	Squirrel <input type="checkbox"/>	Something yellow <input type="checkbox"/>
Ladybird <input type="checkbox"/>	A foot print <input type="checkbox"/>		



Source: Living Streets – Scavenger Hunt

<https://www.livingstreets.org.uk/media/fh1ni2dr/scavenger-hunt.pdf>



Community Audit

Take a walk and you can use this checklist to rate the age-friendliness of your neighbourhood's outdoor spaces and buildings, including walkability (score 1-10, with 10 as the highest rating):

- ☐ Public areas are clean and pleasant.
- ☐ Green spaces and outdoor seating are sufficient in number, well-maintained and safe.
- ☐ Pavements are well-maintained, free of obstructions and reserved for pedestrians.
- ☐ Pavements are non-slip, are wide enough for wheelchairs and have dropped curbs to road level.
- ☐ Pedestrian crossings are sufficient in number and safe for people with different levels and types of disability, with non-slip markings, visual and audio cues and adequate crossing times.
- ☐ Drivers give way to pedestrians at intersections and pedestrian crossings.
- ☐ Cycle paths are separate from pavements and other pedestrian walkways.
- ☐ Outdoor safety is promoted by good street lighting, police patrols and community education.
- ☐ Services are situated together and are accessible.
- ☐ Special customer service arrangements are provided, such as separate queues or service counters for older people.

- ☐ Buildings are well-signed outside and inside, with sufficient seating and toilets, accessible elevators, ramps, railings and stairs, and non-slip floors.
- ☐ Public toilets outdoors and indoors are sufficient in number, clean, well-maintained and accessible.

Source: World Health Organization (WHO) – Checklist of Essential Features of Age-friendly Cities (Geneva; WHO, 2007), page 1 (for the domain of Outdoor Spaces and Environment)

<https://extranet.who.int/agefriendlyworld/wp-content/uploads/2018/04/Age-Friendly-Checklist-WHOedit.pdf>



Resources

Walking Organisations:

Greater Manchester Walking

<https://gmwalking.co.uk>

Living Streets – UK charity for everyday walking

www.livingstreets.org.uk

The Ramblers – Britain's Walking Charity

<https://www.ramblers.org.uk>

Paths For All in Scotland www.pathsforall.org.uk

Useful resources, maps and ideas for walking activities:

Google maps <https://www.google.com/maps>

An app to identify precise locations using 3 simple words

<https://what3words.com>

The Walkbook: Recipes for Walking & Wellbeing

<https://walkcreate.gla.ac.uk/the-walkbook>

Geocaching – Treasure Hunt App

<https://www.geocaching.com/play>



Notes



Funded by:



Developed by:



Designed by Green Poodle Design

