

## WALKING FOR HEALTH AND WELLBEING



A physically active lifestyle improves our all-round health – physical, mental and social. Thirty minutes of brisk walking on 5 days of the week is the recommended amount for adults aged 19 to 64 years and can reduce the risk of many common conditions such as heart attack, stroke, diabetes, hip fractures, cancer (bowel and breast) and depression/dementia. It can also help with weight management and protect your joints. Walking is a great way to improve our health and wellbeing in all ways.

### WHY WALK?

- It's free of charge
- You can walk with friends, by yourself or join a local group
- Can be done indoors (think shopping mall) or outdoors
- Just need a pair of comfy shoes and probably a rain jacket (#Scotland) –no expensive equipment required
- Low impact so most people can join in
- You can build up the pace and distance over time
- Easy to fit around a busy schedule
- Can break up long periods of sitting
- A great way to get outdoors and explore parks and new areas
- It's a fantastic stress buster!

### FREE WALKING APPS

You can use your iPhone or Android smartphone to get the most out of your walking and set yourself small goals from tracking your steps to walking a virtual macchu picchu trail. These apps are free to download and easy to use. If you have an iPhone the built in health app has a pedometer to allow you to track steps and distance etc.

[www.walkit.com](http://www.walkit.com) A very comprehensive site where you can get a route map between any two points, including your journey time, calorie burn, step count and carbon saving. You can also search for walking directions using the journey planner or try one of the suggested walks. **COST £2.99** *Last checked 15/8/17*

[www.worldwalking.org](http://www.worldwalking.org) Devised by cardiac rehabilitation instructor Duncan Galbraith the World Walking app is a constant pedometer, recording the steps you take each day. Users pick legendary global routes, such as Route 66 in the United States or Peru's Machu Picchu Inca Trail, and try to take enough steps to complete it. The app encourages social interaction too and lets walkers form virtual clubs, working together to meet distance targets. **FREE** *Last checked 15/8/17*

[www.mapmywalk.com](http://www.mapmywalk.com) This app tracks your route, time, distance, speed, pace and calories burned, and syncs with the website so you can view the information in a larger format on your computer. If you can persuade friends to get involved, MapMyWalk's social feature lets you share routes and encouraging words. The Windows phone version is called MapMyRun but has similar functionality - you can use it to track runs or walks. **FREE** *Last checked 15/8/17*

