

## keeping it up

The best way to make walking a regular feature in your life is to fit it into your daily routine wherever you can.

Try walking instead of using the bus or car for school runs or short journeys to the shops. Look for details of organised walks throughout Northern Ireland. Use these as a chance to challenge yourself or just to get out and about with friends or family. Above all, have fun!



get a life  get active

[www.getalifegetactive.com](http://www.getalifegetactive.com)

## more information

For more information on how you can get active visit [www.getalifegetactive.com](http://www.getalifegetactive.com)

If you want information on what's happening near you, or where to find marked walking routes to try, contact the relevant local Council.

### Useful websites

Walks in Northern Ireland:  
[www.walkni.com](http://www.walkni.com)

Highway to Health Walking Routes:  
[www.nichsa.com/what-we-do/highway\\_to\\_health\\_routes/](http://www.nichsa.com/what-we-do/highway_to_health_routes/)



Public Health Agency, Ormeau Avenue Unit, 18 Ormeau Avenue, Belfast.  
BT2 8HS. Tel: 028 9031 1611. Textphone/Text Relay: 18001 028 9031 1611.  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)



Get a life, get active  
...go walking!

## we all need to be active

Regular activity is vital for good health, but it's a fact that most of us in Northern Ireland just don't get enough. The hardest part for many is finding something we can take up that fits in with everything else we have to do.



## so try walking

Walking is one of the easiest ways to exercise - especially brisk walking that gets the arms swinging and the heart pumping. It can be done at a time that suits us and in almost any place. All we need is a decent pair of shoes and we're in business.

## reasons to walk

There are loads of good reasons to take walking seriously. For example, brisk walking will:

- give you more energy;
- make you feel good;
- help you look good;
- help you sleep better;
- help you cope with stress;
- tone your muscles;
- burn up calories;
- improve your mobility - at any age;
- make your heart stronger;
- lower your blood pressure;
- reduce your cholesterol level;
- protect your bones from osteoporosis (bone thinning).

And if that's not enough, a lot of the above effects add up to a lower risk of heart disease, stroke and diabetes!



## more reasons to walk

Even though walking is seen as a 'leisurely' form of exercise, this really depends on the energy you put into it. It can offer a great total body workout if you want it to. For example, walking a mile (briskly) burns up exactly the same calories as running a mile or swimming 15 lengths of a 25 metre pool.

## how much, how often?

Any walking is good, but if you want the most benefits you can get, walk briskly and aim for 30 minutes walking on most days of the week. You should walk at a pace that makes you warm and makes you breathe a bit faster than normal. You should still be able to talk when you're walking, if you can't, you're overdoing things.



## get a life - get active

**at least** **30** minutes a day  
**10** minutes at a time  
**5** days a week

## rarin' to go?

Before getting going, think of the three 'Ss' first.

### safety:

take care in the dark by wearing bright clothing or clothes that will reflect light so that you are seen clearly.

### shoes:

wear comfortable shoes, preferably ones with thick flexible soles that cushion and support your feet.

### self:

think about yourself. If you have a health problem or any worries about starting brisk walking, check with your GP first.