



WALKWISE

**A GUIDE TO THE BENEFITS
OF TRAVEL ON FOOT**



WALKING...

**ALTHOUGH MOST PEOPLE
ASSOCIATE WALKING WITH
SIMPLY GETTING FROM
ONE PLACE TO ANOTHER,
IT IS ALSO A MEANS OF
SUSTAINABLE TRANSPORT
THAT HAS MANY BENEFITS
FOR INDIVIDUALS AND THE
COMMUNITY.**

You can walk to work, to school, to local shops, to local sporting facilities or to the train station or bus stop. Walking as part of a regular journey to work is a great way to take more exercise every day and improve your health.

This booklet gives you information and tips on how to make walking part of your daily routine and enjoy the benefits of travel on foot.

We hope you find it useful.

The Healthy Habits Team



WALKING...

...THE BENEFITS

EXPERTS RECOMMEND BEING ACTIVE FOR 30 MINUTES A DAY, FIVE OR MORE DAYS A WEEK, TO BENEFIT HEALTH. THESE 30 MINUTES CAN BE MADE UP OF SHORT BOUTS OF 10 TO 15 MINUTES, MAKING WALKING AN IDEAL WAY TO HIT THE TARGET.

Walking makes you look better!

- Walking can help you manage or lose weight and stay in shape and a brisk 30 minute walk burns around 100 calories
- Even low impact exercise such as walking can help improve muscle strength, flexibility and endurance
- It is easy to control how fast and how far you walk making them suitable even for those unable to take regular exercise

Walking makes you feel better!

- Starting the day with some light physical exercise can help you be more awake and alert helping concentration and memory
- Every time you exercise you boost your immune system, helping you fight off illness. It can also reduce stress levels, increasing energy levels and improve sleep patterns

Walking helps you live longer!

- Regular exercise can help reduce your risk of heart disease, cancer, obesity, strokes, respiratory disease and diabetes, hypertension (high blood pressure) and osteoporosis.
- People who do regular exercise can enjoy the well being of people 10 years younger

Walking can save you money

Walking is the least expensive way to travel and shorter journeys provide a great opportunity to exercise instead of driving which is good for your health, the environment and your bank balance!



WALKING...

...TO WORK

BY WALKING SOME OR ALL OF YOUR JOURNEY TO WORK YOU CAN START THE WORKING DAY MORE AWAKE AND ALERT.

- Map out a pleasant route and try to avoid walking along busy roads as the noise and air pollution will make the walk less enjoyable.
- Time the route to ensure you allow enough time to get to your destination.
- Ensure you are comfortable - consider your shoes, clothes and hat.
- Carry things comfortably - choose your handbag or backpack according to how much you need to carry (Backpacks are better for heavier loads).
- Check the end-of-trip facilities at your destination – you might like to walk in casual clothes and get changed when you arrive. Your workplace, college or university might have a shower you can use or alternatively, you might be able to make an arrangement with a local gym to use their facilities.
- Combine your trip with public transport to cover longer distances. Get off the bus or train at the stop before your usual stop to get some exercise on the way home.
- Make walking a time for socialising by walking with a friend or colleague.

...
**THE ONLY FUEL
YOU'LL NEED FOR
WALKING IS A
HEALTHY MEAL!**
...

...
GET OFF THE
BUS OR TRAIN
ONE STOP EARLY
FOR EXTRA
EXERCISE
...

WALKING...



...TO THE SHOPS

WALKING TO YOUR LOCAL SHOPS RATHER THAN DRIVING WILL SAVE YOU MONEY, YOU ALSO WON'T NEED TO FIND A PARKING SPACE, YOU'LL SAVE MONEY ON FUEL AND RUNNING COSTS AND YOU CAN EXERCISE AS PART OF A SHOPPING TRIP.

- Find a pleasant route to ensure the walk is enjoyable.
- Many shops do home deliveries so you can buy a big order and arrange to have it delivered to your home.
- Buy less and shop more often. You'll have the benefit of fresher foods and more exercise.
- Walk to the supermarket and catch a train or a bus home if you live along a route.

...FOR FUN

GOOD WALKS OFTEN INCLUDE ENJOYING SCENERY AND NATURE SUCH AS GARDENS AND RIVERBANKS. IT'S ALSO A GOOD IDEA TO AVOID AS MUCH TRAFFIC AS POSSIBLE AND WALK ON LOCAL STREETS RATHER THAN BUSY ROADS.

However, at night it is safer to walk along main roads where there is more lighting and you can be seen. Ideally you should always walk with someone at night. The Healthy Habits team will be able to provide further information about walking groups, walking routes and activities in Kirkintilloch and Lenzie.

A photograph of three children walking away from the camera on a paved path covered in yellow autumn leaves. The child on the left wears a brown jacket and a dark backpack. The child in the middle wears a red jacket, a blue beanie, and a grey backpack. The child on the right wears a dark jacket with white and red accents and a dark backpack. The background shows trees with yellow leaves and a building in the distance.

WALKING...

...
ASK YOUR
SCHOOL ABOUT
'WALKING
SCHOOL BUSES'
...

...TO SCHOOL

WALKING TO SCHOOL IS A GREAT WAY FOR CHILDREN TO GET EXERCISE AND START THE SCHOOL DAY AWAKE AND ALERT. HERE ARE SOME TIPS FOR ENCOURAGING CHILDREN TO WALK SAFELY:

- Children under the age of 10 should always be accompanied by an adult - walk with them until you are confident that they have a well developed road sense.
- Discourage them from playing with toys as they walk, particularly when walking next to busy roads.
- Identify the safest walking route to school – this is usually the route with the least traffic and fewest roads to cross.
- Teach them to look out for vehicles coming in and out of driveways.
- Explain what they need to watch for when walking and teach them the following simple rules: stop at the kerb, look right, look left, then right again, listen for cars approaching and think before crossing.
- Discuss some of the dangers that might exist.

By walking to school, children have an opportunity to mix with other children and will arrive at school more alert and attentive. More children walking to school also means less traffic congestion around the school, making it safer for all children.

Some schools are actively encouraging their pupils to walk to school through initiatives such as “Walking School Buses”. Walking school buses are a great way for children to walk to school safely with parental supervision. Just like a normal bus, walking buses follow a set route and pick up ‘passengers’ along the way.

A man and a woman are walking a light-colored dog on a leash along a paved path in a park. The man is on the left, wearing a white polo shirt with blue and yellow stripes and blue jeans. The woman is on the right, wearing a blue and white striped shirt and blue jeans. They are both smiling and looking towards the right. The background is a lush green park with trees and grass. The word "WALKING..." is overlaid in large, white, bold, sans-serif capital letters across the middle of the image.

WALKING...

...IN COMFORT

TO GET THE MOST OUT OF YOUR WALK, ENSURE YOU HAVE:

- Comfortable and supportive walking shoes.
- Comfortable clothes.
- Appropriate clothing in case it rains.
- A hat and sun tan lotion on sunny days.

Some tips for making your walk more effective:

- Swinging your arms back and forward while you walk helps tone up arm and chest muscles.
- Smaller steps are more effective than larger strides.
- Do the “talk test”. If you can’t keep up a conversation you are probably walking too fast!

If you are just starting to walk regularly, you will need to make sure you don’t push yourself too hard. Walk at a pace that you feel comfortable with. Start with short walks and gradually walk further and further each day. Walk with friends and make it a social occasion.

Walking your dog to the local park is great exercise and provides the opportunity to meet and mix with other dog owners.

Walking is a fun and is an easy way to be active, can be done almost anywhere, requires no equipment and most importantly it’s free!

...
**START WITH
SHORT WALKS
AND GRADUALLY
WALK FURTHER
EACH DAY.**
...

**WALKING ONE MILE IN
20 MINUTES USES AS
MUCH ENERGY AS:**

**RUNNING A MILE
IN 10 MINUTES,
SWIMMING BREASTSTROKE
FOR 10 MINUTES,
PLAYING FOOTBALL
FOR 12 MINUTES,
CYCLING
FOR 16 MINUTES,
DOING AEROBICS
FOR 16 MINUTES,
WEIGHT TRAINING
FOR 17 MINUTES...**

SO GET WALKING!

FOR FURTHER INFORMATION ON HOW
TO GET WALKING YOU CAN GET IN TOUCH
WITH THE HEALTHY HABITS TEAM OR
VISIT US AT THE HEALTHY HABITS SHOP:
55 COWGATE, KIRKINTILLOCH, G66 1HW



CALL US 0141 777 3020

EMAIL HEALTHYHABITS@EASTDUNBARTON.GOV.UK

VISIT WWW.EASTDUNBARTON.GOV.UK/HEALTHYHABITS

SOME WEBSITES OF INTEREST

Advice and information on walking.

www.walkingworks.org.uk

A resource walking for fun and health.

www.walking.org

Advice on walking and health.

www.pathsforall.org.uk/pathstohealth

Promoting health at work including walking.

www.healthyworkinglives.com

A step by step guide on how to live a healthier life.

www.takelifeon.co.uk

If you do not have internet access at home, pop into your local library and they will be able to show you how to use the internet access.



Visit us at the Heathy Habits Shop: 55 Cowgate, Kirkintilloch, G66 1HW
call us 0141 777 3020 email healthyhabits@eastdunbarton.gov.uk
visit www.eastdunbarton.gov.uk/healthyhabits