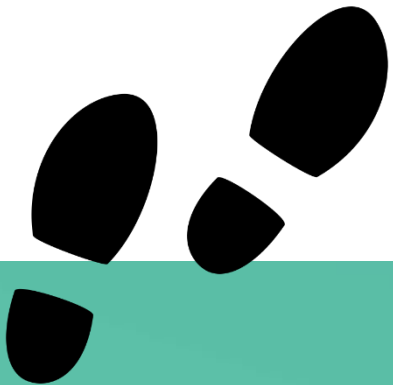# Walking for Athlete Leaders
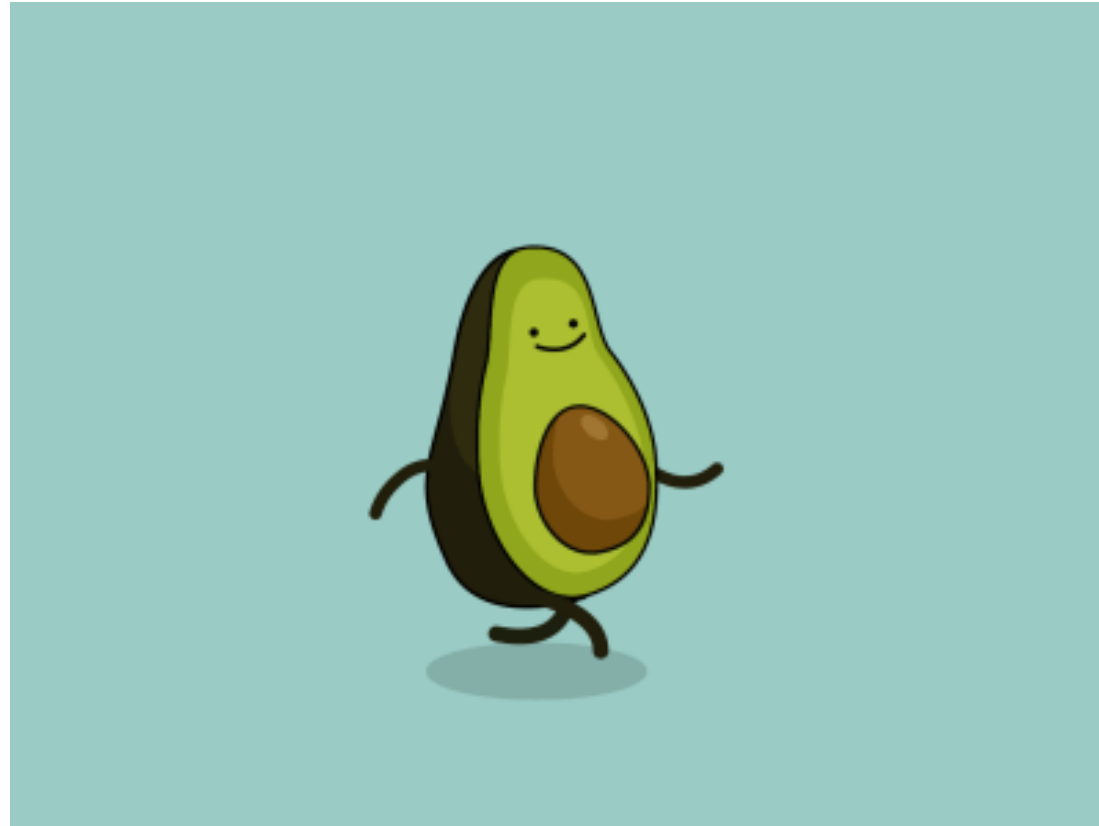
Health Benefits

'If a medication existed which had a similar effect to physical activity [like walking], it would be regarded as a "wonder drug" or a "miracle cure"' (Chief Medical Officer 2010).

Regular physical activity is essential for good health, but most of us don't do enough of it.
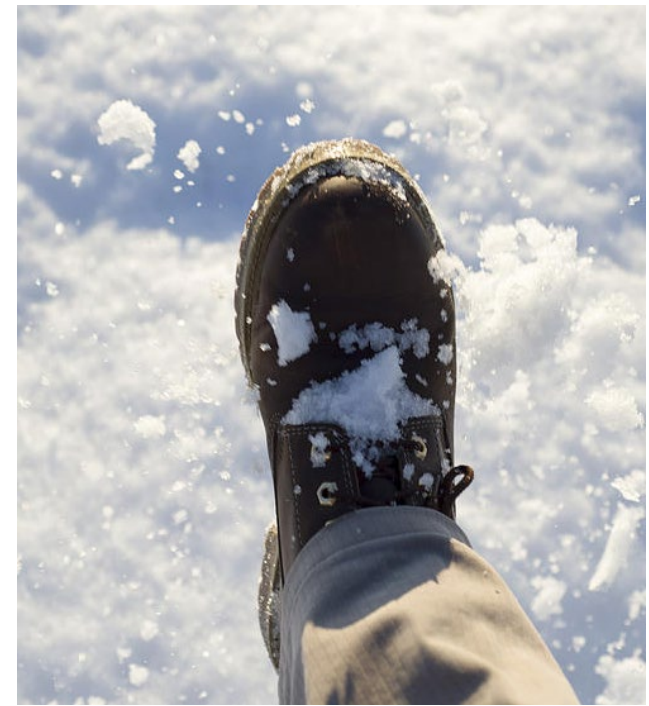
Why walk?

Why walk?

- Walking can be done almost anywhere, at any time, and in any weather.

- It's a great way to get from A to B, which means you can fit walking into your daily routine.

- Suitable for all ages and low injury risk.

- It's free, you don't need any expensive equipment or gym membership.

How many steps should we do?

How many steps should we do?

Depends how active you are...

Ideally build up to 10,000 steps each day.

Start at 3000 if quite inactive and build up.

Count them!

You can track how many steps you take using a pedometer!

Top Tips for Using your Pedometer

- Choose one that sits securely and comfortably on your belt or waistband.
- Wear it in a vertical position (not tilted to one side).
- Position it as close to the top of the hip bone as possible, in line with the knee cap.
- Keep your device away from water or steam.

Walking Advice
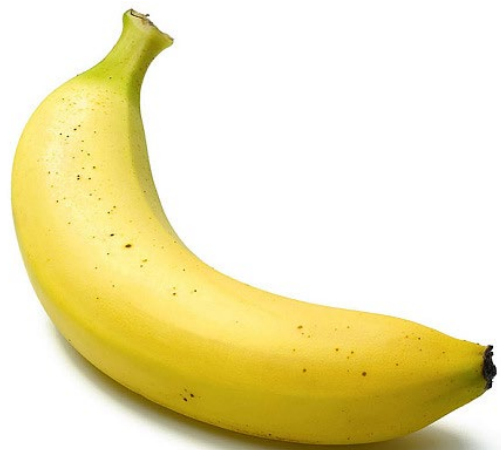
The Countryside Code

Respect. Protect. Enjoy

Respect

- Consider the local community and other people enjoying the outdoors.
- Leave gates and property as you find them and follow paths.

Protect

- Protect the natural environment

- Leave no trace of your visit and take your litter home

- Keep dogs under effective control

Enjoy

- Enjoy the outdoors

- Plan ahead and be prepared

- Follow advice and local signs

Sponsored Walks / Walking Challenges

Things to think about…

Make it your own…

Keep in touch!

Let us know if you arranged a walk in your club and how it went - we would love to see photos!

Let us know if you improved your steps - track them in your log!

Any questions?

Thank you