

Helpful Hints

Gentle help to help you reach your goal

- Use the stairs instead of the lift or escalator
- Walk instead of driving if the distance is short
- Park further away from your destination
- Get off the bus a stop early
- Walk your dog instead of just letting it go outside
- Have a meeting while walking instead of sitting in the office
- Instead of emailing or phoning a colleague, walk to their desk
- Walk your child to school
- Park in the space furthest away from the supermarket
- Walk while you are on your mobile phone
- Investigate a lunchtime walking route
- Change the channel on the TV without the remote control
- Join a friend who walks their dog or borrow one!
- Walk every supermarket aisle, whether you need to or not
- Get up from your chair and take a 3 minute walk every hour
- Do extra housework or gardening
- Aim to climb the stairs 10 times a day
- Waiting at the station walk up and down the platform instead of standing
- Start each session slowly with gentle walk then some stretches before going all out.
- Breathe normally, keep your back straight, chest lifted, shoulders relaxed and swing your arms from the shoulders.
- Ensure a heel to toe action.
- Nice and gradually build up your distance or time spent walking, Starting point for a beginner should be around 1 mile during the week and three at the weekend. More experienced walkers are probably looking at 5-8 miles to start with.
- For a complete beginner aim to start walking ten weeks before the event.
- Finish each session with leg stretches.
- Find yourself a walking 'buddy', or go to www.bristol.gov.uk/healthwalks - this site provides you with information on and local walking groups and health benefits of walking.

Footwear

- Wear whatever you feel comfortable in. This could be trainers or hiking boots. Most roads and pavements are tarmac.
- Trainers are comfortable with cushioning on the heel and flexion at the ball of the foot, just where you need it. Try and get ones with a mesh front so the foot can breathe. Sweating and overheating causes the foot to swell and therefore you may be more prone to blisters.
- Hiking boots offer more support for the ankle if needed. You may need to add a comfort insole as cushioning in some boots can be very limited.
- Most important make sure they are well worn in!

Essential Extras

- Try to take water with you; the hardest thing about the walk will be the time you are doing it. Your body clock will be telling you its time to sleep and you want to push it for 10miles. Dehydration is the last thing you want to suffer from. Also consider taking some snacks.
- Although I would like to guarantee that we will have good weather, we do live in Britain so bring warm and waterproof clothing. Hopefully it will be mild with it being in mid-summer.
- Plasters! They are always good to have. Blisters can be very painful.