

Image credit: Centre for Ageing Better

# LET'S WALK TOGETHER





# WE ARE LIVING STREETS, THE UK CHARITY FOR EVERYDAY WALKING.

We want to create a nation where walking is the natural choice for everyday, local journeys; free from congested roads and pollution, reducing the risk of preventable illnesses and social isolation. We want to achieve a better walking environment and to inspire people of all generations to enjoy the benefits the simple act of walking brings.

For over 90 years we've been a beacon for walking. In our early days our campaigning led to the UK's first zebra crossings and speed limits. Now our campaigns and local projects deliver real change to overcome barriers to walking and our ground breaking initiatives encourage millions of people to walk.



**PROGRESS STARTS HERE:  
ONE STREET, ONE STEP AT A TIME.**



If you'd like to find out more about joining Walking Friends Wales, contact **Ilona Carati**.

Email [walkingfriendswales@livingstreets.org.uk](mailto:walkingfriendswales@livingstreets.org.uk)  
or phone **07566 777410**

# WALKING FRIENDS WALES



Cronfa Iach ac Egnïol  
Healthy & Active Fund



## WE KNOW GETTING ACTIVE KEEPS US HEALTHY AND WALKING IS EASY AND FREE.

At Living Streets Cymru we want to make walking the natural choice for everyone in Wales. Many older adults in Wales are physically inactive, or at risk of becoming so, which increases social isolation, reduces independence and diminishes physical health and fitness. The **Walking Friends Wales** project is run by Living Streets and funded by the Healthy & Active Fund, a partnership between Welsh Government, Sport Wales and Public Health Wales. It enables over 50s to get walking and talking, thereby improving health and reducing isolation. It helps people to stay mobile, make new contacts and voice the need for changes to their local walking environment. Walking has a positive impact on different aspects of people's lives, be it mental, physical or social, and the Walking Friends Wales project aims to cover all these.

### ACTIVITY 1

Think of flowers/plants/trees/animals starting with these letters.

W	<input type="text"/>	F	<input type="text"/>
A	<input type="text"/>	R	<input type="text"/>
L	<input type="text"/>	I	<input type="text"/>
K	<input type="text"/>	E	<input type="text"/>
I	<input type="text"/>	N	<input type="text"/>
N	<input type="text"/>	D	<input type="text"/>
G	<input type="text"/>	S	<input type="text"/>

# WHY WALK?

## WALKING CAN INCREASE FEELINGS OF CONFIDENCE AND INDEPENDENCE.

- Walking is a free, gentle, convenient, low-impact activity and requires no special training or equipment.
- Walking is an ideal activity if you're less fit or have physical limitations, as it's easy to start with very low, gentle levels of physical activity and build up gradually.
- Gentle exercise strengthens your bones and can help to prevent the onset of osteoporosis.
- Getting out and about keeps many people connected with their communities.
- Exercising with a friend is fun, helps you make new friends and develops the friendships you already have.
- Walking can improve self-worth, mood and have a positive impact on self-esteem.
- It can also reduce anxiety and depression, and the risk of dementia.



**Have a think about what you want to achieve by taking part, and how you are going to do that.**

### **I AIM TO...**

- ...walk for 10 mins a day
- ...walk to the shop once a week
- ...walk around my garden every day
- ...walk for 45 mins a day
- ...tell someone about my favourite walk

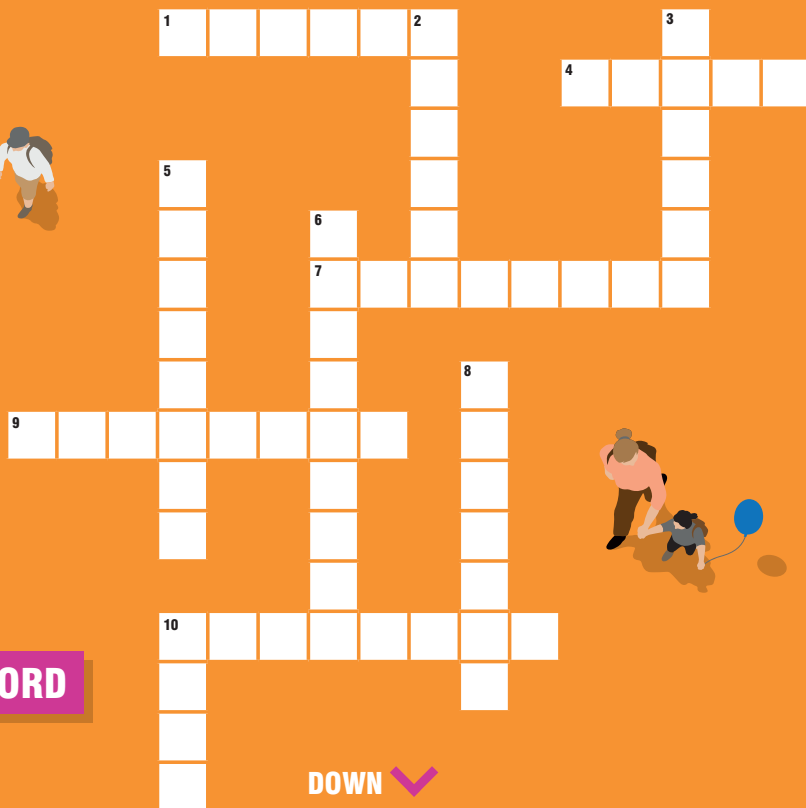
## WRITE DOWN YOUR WALKING GOAL:



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### ACTIVITY 2

## CROSSWORD

### ACROSS >

1. Colourless, odourless gaseous element
4. Rhythmic throbbing of blood through veins and arteries
7. Means of keeping fit
9. A thing that a person or group does, or has done
10. Part of road designed to walk on

### DOWN <

2. The collective physical world, including plants, animals and landscape
3. A promise or undertaking
5. A traversing or travelling across
6. The speed at which the heart beats
8. Motion that gets you from A to B
10. Recreational green space



## WALKING FRIENDS WALES

### CASE STUDY

“ My stamina is much better, and I can walk more than I did. I’m also noticing more things as I walk than I used to, because we talk about the things we see on our walks. I’m more aware of the trees and beautiful flowers rather than just walking from A to B. Walking isn’t a chore; it’s a joy! I feel more alert and I really look forward to the walks, anticipating when they are and where we will be going next and I’m excited.

I feel happier now as well, being part of the group. One of the ladies, Pauline, we have really hit it off, and have become friends and we’re still keeping in touch while we’re in lockdown. ”

**SHEILA**



T	C	H	P	W	H	C	H	I	K	E	N	I	F
M	R	U	E	A	T	V	E	O	F	P	A	X	I
Z	O	G	D	L	T	N	A	I	S	A	T	A	T
B	S	O	E	K	O	A	R	C	T	V	U	C	N
E	S	X	S	I	B	I	T	D	R	E	R	T	E
X	I	Y	T	N	O	T	R	O	E	M	E	I	S
E	N	G	R	G	F	U	A	Q	E	E	V	V	S
R	G	E	I	L	H	C	T	Z	T	N	X	I	H
C	H	N	A	Z	I	Q	E	D	S	T	X	T	J
I	J	E	N	T	E	V	P	U	O	B	V	I	H
S	X	P	A	J	L	B	I	L	M	O	M	E	T
E	V	D	U	L	H	W	R	N	Q	F	R	S	X
I	X	Z	M	Q	T	P	M	A	G	X	F	S	P
Y	B	F	H	J	Y	H	B	E	N	E	R	G	Y

ACTIVITY 3

**WORDSEARCH**



- WALKING
- OUTDOORS
- LIVING
- EXERCISE
- STREETS
- NATURE
- PEDESTRIAN
- HEART RATE
- CROSSING
- ACTIVITIES
- ZEBRA
- OXYGEN
- HEALTH
- ENERGY
- FITNESS
- PAVEMENT



# WALKING BENEFITS



Improves heart health.

Uses large muscles that help control blood sugar and make it less likely that you will get diabetes. If you have diabetes then walking helps prevent many of the complications.

Burns calories and increases metabolism.

Increases cardiovascular conditioning and improves muscle tone and strength.



Walking outdoors has a positive effect on the brain and helps to reduce stress, particularly when walking past trees and plants.

Can help with lower back pain, as it keeps your back muscles from becoming weak through inactivity. Walking has been shown to reduce pain and increase function more than most medication.

Walking is a low-impact activity, so it strengthens your bones and keeps your joints healthy.

Brisk walking boosts endorphins, which can reduce stress hormones and alleviate mild depression.

Regular exercise, through the production of feel-good endorphins, can improve mood and self-esteem.



## ACTIVITY 4

## ANAGRAM

Rearrange the letters of the following words to create new words, using each letter only once.

## 1. FLAKES WARNING WE SLID

## 2. SILVER GENT SIT

## 3. NIGHTHAWK GOLF LOAD ROE



## ACTIVITY 5

## TRUE OR FALSE

1. If you walked 2000 steps you will have walked approximately a mile.  
 TRUE  FALSE
2. Walking can help maintain your body weight and lower many health risks.  
 TRUE  FALSE
3. Walking improves your stamina and increases your energy levels.  
 TRUE  FALSE
4. Walking 10 minutes a day, 3 times a week can help control high blood pressure.  
 TRUE  FALSE
5. Walking can ease symptoms of anxiety and depression.  
 TRUE  FALSE
6. Walking helps strengthen your bones and prevent osteoporosis.  
 TRUE  FALSE
7. Walking improves your balance and coordination.  
 TRUE  FALSE



**ACTIVITY 6**

**WALKING 9 TO 5**



» Who sang these songs about walking?

**1. THE LONG AND WINDING ROAD**

**2. WALK LIKE AN EGYPTIAN**

**3. WALKING BACK TO HAPPINESS**

**4. WALK THIS WAY**

**5. YOU'LL NEVER WALK ALONE**

**6. WALKING IN THE AIR**

**7. WALKING ON SUNSHINE**

**8. THESE BOOTS WERE MADE FOR WALKING**

**9. WALK ON THE WILDSIDE**

Answers are on the back page





**|| WALKING IS MAN'S  
BEST MEDICINE ||**

Hippocrates

**|| ALL TRULY GREAT THOUGHTS  
ARE CONCEIVED BY WALKING ||**

Friedrich Nietzsche

**|| AFTER A DAY'S WALK  
EVERYTHING HAS TWICE  
ITS USUAL VALUE ||**

George Macauley Trevelyan

**|| THE BEST REMEDY FOR A  
SHORT TEMPER IS A LONG WALK ||**

Jacqueline Schiff

**|| IN EVERY WALK WITH NATURE,  
ONE RECEIVES FAR MORE THAN HE SEEKS ||**

John Muir

**|| AN EARLY-MORNING WALK IS  
A BLESSING FOR THE WHOLE DAY ||**

Henry David Thoreau

**|| A JOURNEY OF A 1000 MILES  
BEGINS WITH A SINGLE STEP ||**

**|| WALK MORE...WORRY LESS ||**

**|| KEEP CALM  
AND  
CARRY ON WALKING ||**





#### Contact

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#### Social

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#### ACTIVITY ANSWERS

**ACTIVITY 2 ACROSS**-1.Oxygen, 4.Pulse, 7.Exercise, 9.Activity, 10.Pavement, DOWN-2.Nature, 3.Pledge, 5.Crossing, 6.Heartrate, 8.Walking, 10.Park **ACTIVITY 4** - 1.Walking Friends Wales, 2.Living Streets, 3.Walking for good health **ACTIVITY 5** - 1.TRUE, 2.TRUE, 3.TRUE, 4.TRUE, 5.TRUE, 6.TRUE, 7.TRUE **ACTIVITY 6** - 1.The Beatles, 1970, 2.The Bangles, 1986, 3.Helen Shapiro, 1961, 4.Aerosmith, Run DMC, 1975, 5.Gerry and the Pacemakers, 1964, 6.Aled Jones, 1985, Film Snowman Peter Auty, 1982, 7.Katrina and the Waves, 1985, 8.Nancy Sinatra, 1966, 9.Lou Reed, 1972.