

STEP4TOMORROW

Steps Guide



Hope for
Tomorrow

Bringing cancer treatment closer to home

Mobile Cancer Care Unit Project

wellbeing₄business
leading the business of wellbeing

Welcome to the **STEP4TOMORROW** Challenge

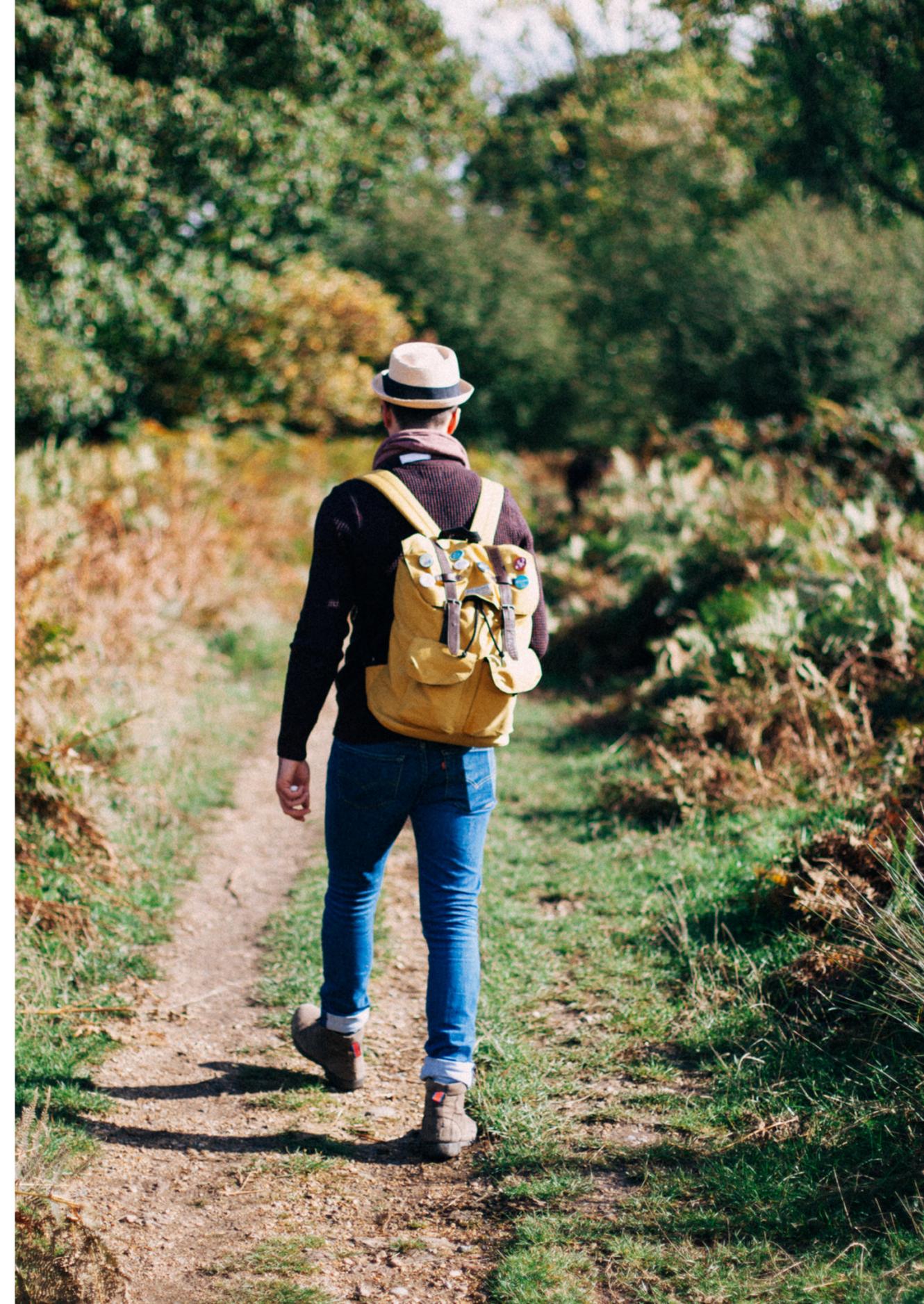
Your challenge: Complete as many steps as possible over a two week period?

To take part in the challenge simply record your steps on the WELL 121 App.

If you have synchronised with other apps/wearable devices your data will be pulled across automatically.

We have provided some information in this pack that may help you to include more steps in your day.

Raise money For Hope for Tomorrow by creating a JustGiving donations page for your challenge.



STEP4TOMORROW

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.



Clothing choices

Choose shoes or trainers that are comfortable, provide adequate support and do not cause blisters will do.

If you're walking to work, you could wear your usual work clothes with a comfy pair of shoes and change shoes when you get into work.

For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack.

If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes.



How do I know if I'm walking fast enough?

A brisk walk is about 3 miles an hour, which is faster than a stroll. You can tell you're walking briskly if you can still talk but cannot sing the words to a song.

What if I'm not very active?

If you're not very active but are able to walk, increase your walking distance gradually.

If you're not active because of a [medical condition or disability](#), get advice from your GP on exercising with your medical condition or disability.



Staying motivated

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine.

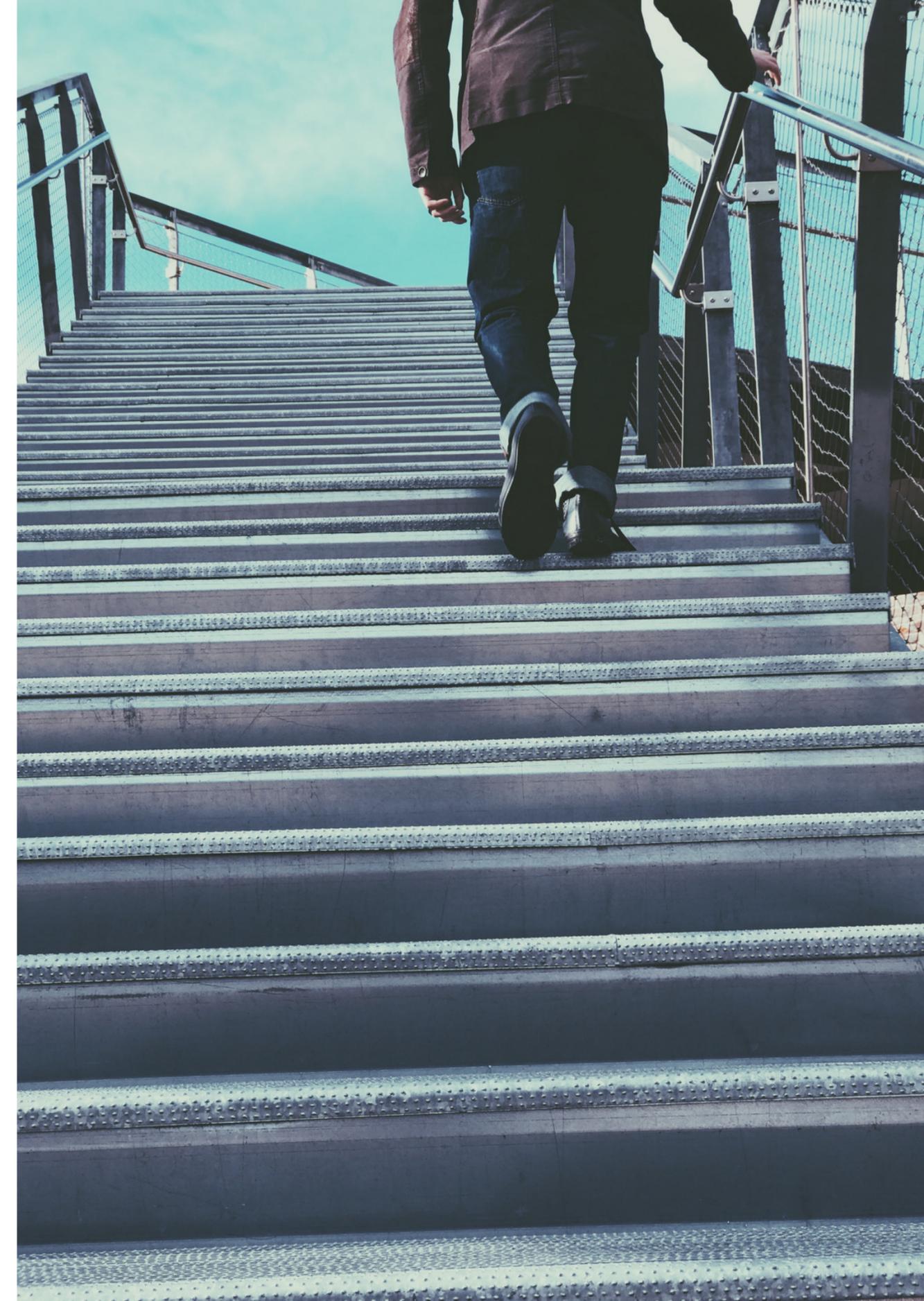
Examples include:

- Walking part of your journey to work
- Walking to the shops
- Using the stairs instead of the lift
- Leaving the car behind for short journeys
- Walking the kids to school
- Doing a regular walk with a friend
- Going for a stroll with family or friends after dinner

If you live in a city, Walkit has an interactive walk planner to help you find the best walking route.

Each suggested route includes your journey time, calorie burn, step count and carbon saving.

Hikideas uses a tool that can be used for planning both urban and non-urban walks.



Listen to music

Walking while listening to music or a podcast can take your mind off the effort.

It can also get you into a rhythm and help you walk faster. You'll be surprised at how fast the time goes when you're walking to your favourite tunes.

Mix it up

Add variety to your walks. You do not have to travel to the countryside to find a rewarding walk.

Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths, commons, woodlands, heaths and nature reserves.

- For inspiring walks, visit www.walkengland.org.uk/.
- For wheelchair users, visit www.walkswithwheelchairs.com/
- For parents with buggies, visit www.walkswithbuggies.com/.



Join a walking group

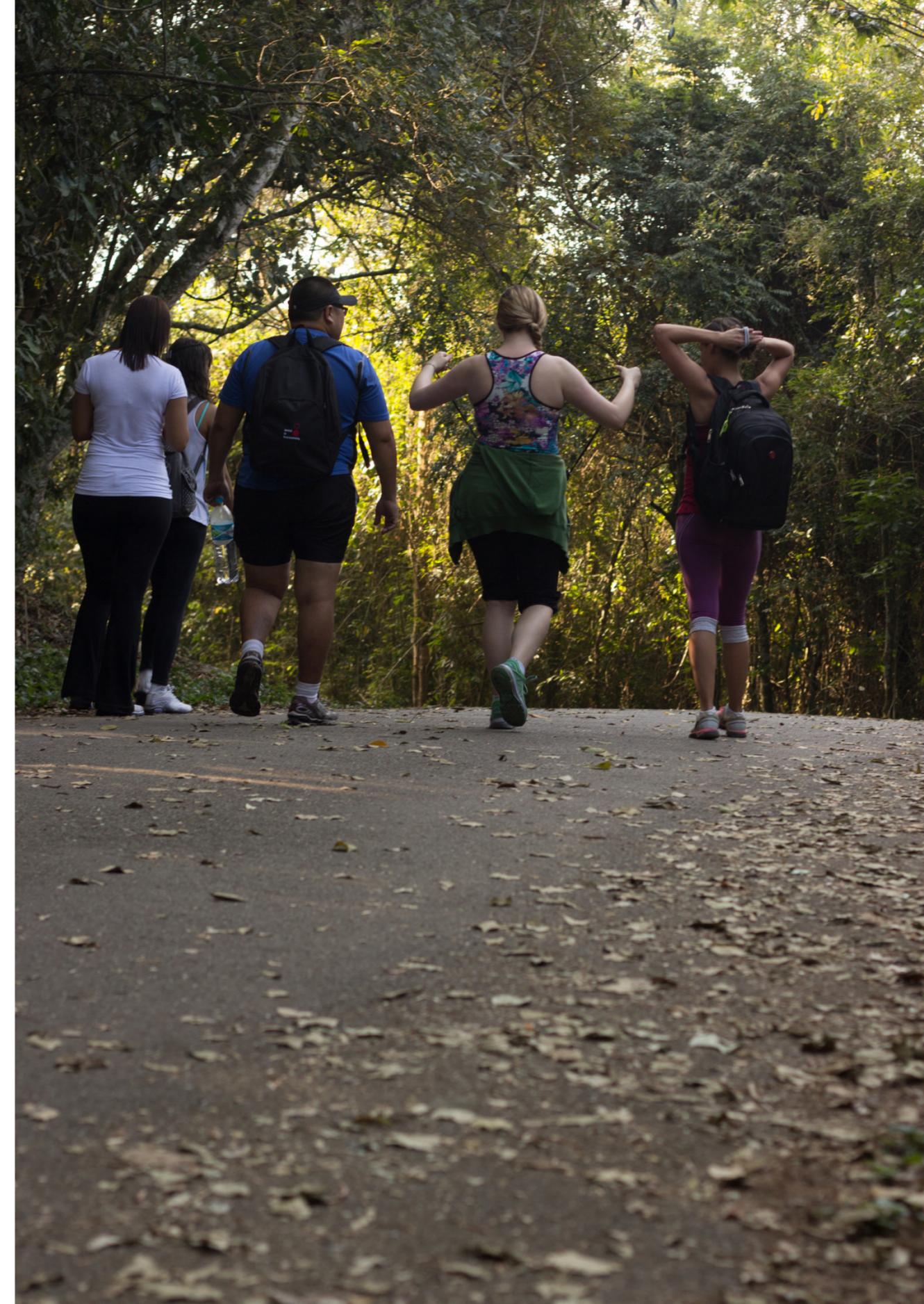
Walking in a group is a great way to start walking, make new friends and stay motivated.

Ramblers organises group walks for health, leisure and as a means of getting around for people of all ages, backgrounds and levels of fitness.

Its website has details of many locally organised walks in towns and cities, as well as the countryside.

- The UK's 15 national parks run **free guided walks** for the whole family during the holidays. For more info on this visit:

<https://nationalparks.uk/visiting/outdoor-activities/walking>



Why does being active matter?

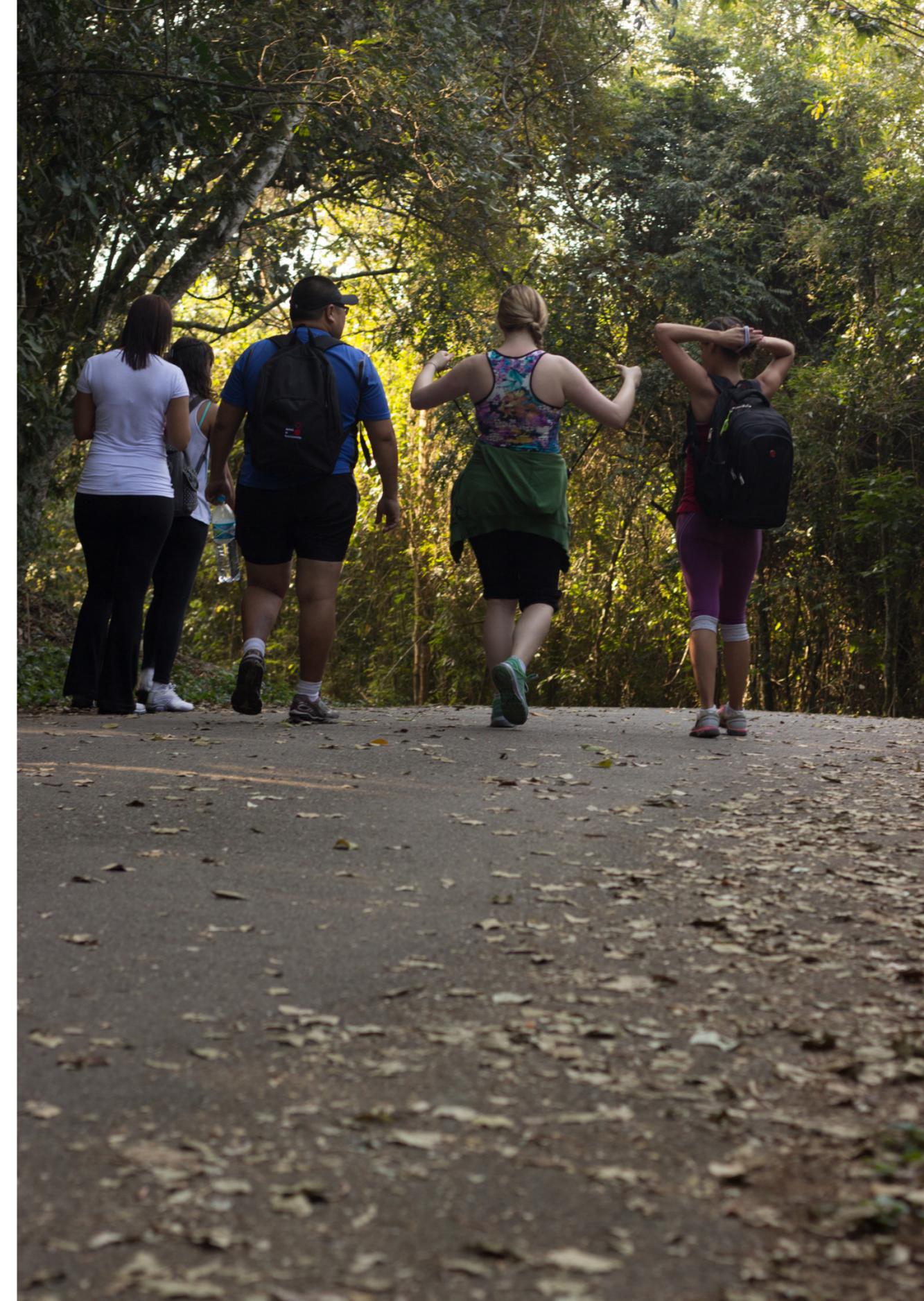
Being active is great for your physical health & fitness, and evidence shows it can also improve your mental wellbeing. Therefore, what you do with your body can have a powerful effect on your mental wellbeing.

Mental wellbeing means feeling good – both about yourself and about the world around you. It means being able to get on with life in the way you want.

Scientists think physical activity helps maintain and improve wellbeing in a number of ways.

Physical activity is also thought to cause chemical changes in the brain, which can help to positively change our mood. Therefore, physical activity can help people with mild depression. Evidence shows it can also help protect people against anxiety.

Some scientists think being active can improve wellbeing because it brings about a sense of greater self-esteem, self-control, and the ability to rise to a challenge.



Do your bit to fundraise

Help Hope for Tomorrow to deliver their vital cancer services to those who need it most.

You can also help to spread awareness the work they do and create a positive relationship with your own wellbeing.

For fundraising help please refer to your fundraising pack

OR

Contact Nikki Budding at Hope for Tomorrow



**THANK YOU
&
GOOD LUCK**

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