

If you live in a town can we can send you a leaflet which shows walks in your neighbourhood.

OR you can come with us!

We will be organising several walks in your area, so have a look and see if you would like to join us. Look for our Walk it posters for details.

Volunteering

We are always looking for volunteers to lead walks. You don't need any special skills and we provide training. Come and be a Volunteer Walk Leader for Paths to Health – you'll meet new people, get fit and help others to live a healthier life!

You can get this document on tape, in large print, and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.

Planning and Economic Development |
Scottish Borders Council | Newtown St Boswells |
TD6 0SA | Phone: 01835 825060 |
Email: walkit@scotborders.gov.uk
www.scotborders.gov.uk/life/environment/outdooraccess and click on the link for Walk it.



Walk your way to a healthier life!

Tired? Feel like a change in your life?

Looking for an enjoyable way to lose weight and feel fitter?

Want to get a good night's sleep?

Want to meet new friends?

Join us for a walk.

Come and start your new life now and have a good time into the bargain!

For information on Walk it walks or volunteering, contact:

Project Co-ordinator
Walk it - Paths to Health in the Scottish Borders
Planning & Economic Development
Scottish Borders Council HQ
Newtown St Boswells
TD6 0SA
01835 825060
email: walkit@scotborders.gov.uk



Why is Walking so Good for You?

We've all been hearing about how we should be walking 10,000 steps every day, but can walking really make a difference? Is it really such a good form of exercise? Yes, and here's why...

Walking is an excellent form of exercise because:

- Most people can do it, it doesn't require any special equipment and it's free!
- You can do it anywhere and at anytime
- You can combine it with other things like going to the shops, having a chat with a friend, working out problems, spending some quality time with your family, social interaction, walking the school run, etc.
- You see things you would never see in a car or a bus. Wildflowers, birds, interesting bits on buildings gardens, posters in shop windows, fish in the river, etc.
- You can do it alone or with friends
- You can meet your local and other people who enjoy walking
- It can help you lose weight - you could reduce your weight by 14lbs in three months
- You'll sleep better (children too)
- It helps with stress and can have a calming effect helping to create a sense of well-being
- It gives you more energy and makes you feel good!

Now for the health bit:

30 minutes of brisk physical activity a day can reduce the risk of several life-threatening conditions. Brisk means moderate activity where you should be slightly out of breath and feel warmer, but still be able to talk. Forget "no pain no gain" - walking is a gentle form of exercise that does not create stress in your joints and muscles.

Just 30 minutes a day can help to reduce the risk of:

- Developing Coronary Heart Disease by up to 40%
- Stroke by up to 40%
- Colon cancer by up to 40%
- Bowel cancer by up to 50%
- Osteoporosis – hip fractures in over 45 year olds can be reduced by 50% with regular walking
- High cholesterol - walking helps to increase 'good cholesterol' while reducing the harmful one
- Developing type 2 diabetes
- Developing breast cancer
- Developing Alzheimer's disease
- Developing high blood pressure
- It can also help to relieve stress and builds your confidence

Why not start walking now? You can do it on your own or join one of our friendly walks. Or maybe you would like to be a walk leader in your area. For more details turn the page

Walking

If you want to walk on your own, there are plenty of places throughout the Borders where you can start. Many of these will be in your area. Remember to wear sensible shoes and to take a bottle of water with you if you are out for more than 30 minutes, working hard or it's a hot day.

