

# walking for heart health



## Walking can:

- help us to reduce blood pressure
- manage our weight
- help us to sleep better and provide us with more energy
- connect us to other people and our local communities
- help us to learn about our local areas, nature, history
- make us feel good so it's great for our mental health

It doesn't have to be about joining a walking group or going on a long hike. It's about moving more in a way that works for you, which could be to your front door, round the block, or to the shops.

For ideas on where to walk, and suggestions of walking and wheeling activities that you can incorporate into your daily lives to get you started please visit Walk Notts

[www.walknotts.org.uk](http://www.walknotts.org.uk)

or email the Walk Notts team on [info@walknotts.org.uk](mailto:info@walknotts.org.uk)

Below is a Bingo Card with some more suggestions. The full range of Bingo Cards (tailored to different age groups) can be found on our Walk Notts Website on the Walk Notts Festival Page.

Download apps to help you explore - Komoot - Go Jauntly - GreenSpace NG

### At Work

Have a walking or wheeling meeting

### Picnic

Join with friends or family for a snack at a local park/green space

### Photography

Take photos of unique perspectives of the world around you.

### Walk Notts Stone Trail

Paint a #Walk Notts stone and leave it somewhere for someone to find

### Go Explore local

Discover a new walking or wheeling route in your area and tell someone about it

### Mindfulness

Focus on the moment, listen and observe your surroundings without distractions

### Walking or Wheeling Group

Join or start a walking, wheeling or community group in your area

### Step Challenge

How many steps can you do each day?

### Sunrise or Sunset Walk or Wheel

Plan a walk or wheel to watch the sun rise/set

### Audiobook/Podcast

Listen to a favourite book or podcast while walking or wheeling

### Workout

Add some bodyweight exercises to your walk or wheel

### Creative Thinking

Use a walk or wheel to think through ideas or solve problems creatively

**it's all about wheeling as well as walking, and inclusive to all**

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters

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