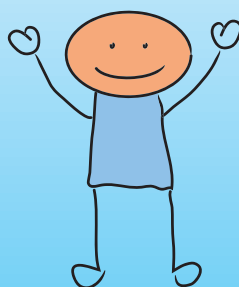




Public Health  
Agency



Use this book  
to help you  
walk more.

# Step by step

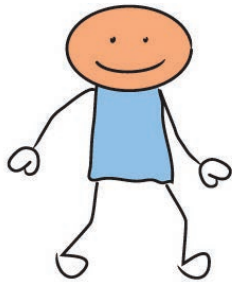
for health, fitness and fun!



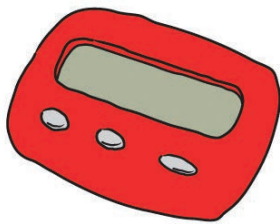
**Your walking book**



What is 'Step by step'?



'Step by step' is a fun idea to help you get walking in a group, with a friend or on your own.



You will use a step counter which will tell you how many steps you have walked over the whole day.

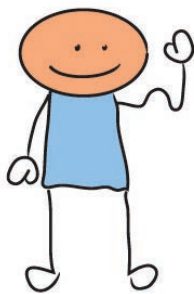


You will write these steps into your Step Diary.

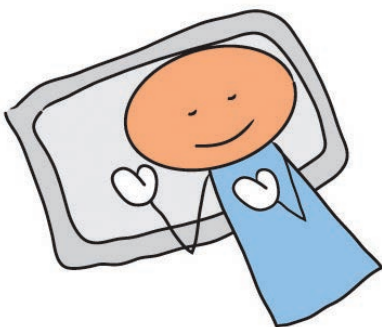
# Do you know that walking regularly is good for your health?



- Walking makes your heart stronger



- Makes your muscles stronger

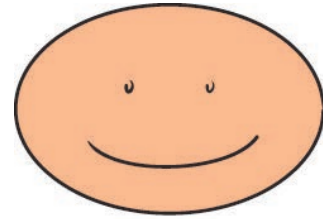


- Helps you sleep better

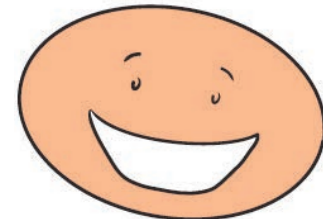


- It can also help you to lose weight

- Walking makes you feel happier



- Meeting people can brighten your day and lift your mood that day



## How many steps should you take a day?

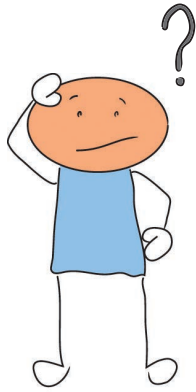
Wear your step counter all day not just on your walk. Then you will really see your steps build up!

★	★★	★★★	★★★★	★★★★★	★★★★★★
<b>Below 2,500</b>	<b>2,501 – 4,000</b>	<b>4,001 – 6,000</b>	<b>6,001 – 8,000</b>	<b>8,001 – 10,000</b>	<b>10,000 plus</b>
<b>Good start</b>	<b>Getting better</b>	<b>Doing well</b>	<b>Nearly there</b>	<b>Excellent</b>	<b>Wow</b>
Go for more!	Well done!	Keep going!	Go for it!	Push on!	Keep it up!

Steps	1,000	2,000	3,000	4,000	5,000	7,500	10,000
Miles	0.4	0.9	1.3	1.7	2.1	3.2	4.3
Kilometres	0.7	1.4	2.1	2.7	3.4	5.1	6.9

This chart is for guidance only; it is based on an average step of 2ft 3in/69cm.

The information above has been adapted from Paths for All [www.pathsforall.org.uk](http://www.pathsforall.org.uk)



**There are some things you need to think about before you go for a walk**

**What do I need to take with me on my walk?**



- Drink



- Suitable clothes



- Sensible shoes



- If you are due to take any medication at the time of your walk, remember to take it with you

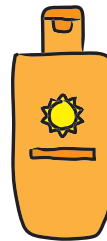


## Check the weather conditions before going for a walk

If it is sunny, you will need to take with you



Sunglasses



- Sun tan lotion



- Hat

If it is raining, you will need to take with you



- Rain Jacket



- Umbrella

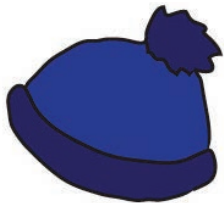
**If it is cold or snowing, you will need to take with you**



Scarf



Gloves



Hat



Warm boots

**Where are you going for your walk?**



- Plan your route



- Tell someone where you are going

**Follow the Green Cross Code**

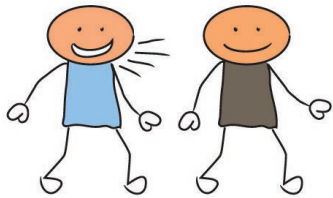


- Stop
- Look
- Listen

## During your walk why don't you...



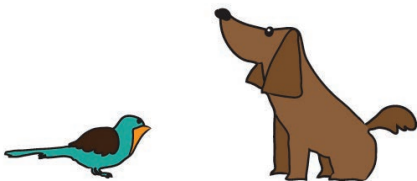
- Look at the number of steps you have taken on your step counter



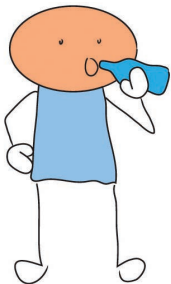
- Talk to others in your group during your walk



- Stop to look at the trees and look at how the colours change in the spring, summer, autumn and winter



- Look out for different animals along the way



- Have a drink of water when you need to



## All about me!

Use this space to record your details at the **start** of the programme. When you have finished 'Step by step' you can see if there are any changes to your weight or the size of your waist.

My name is

.....

Insert  
photo  
here

I weigh

..... kilos

My 'Step by step'  
start date is

..... / ..... / .....

My waist is

..... centimetres

## What other kinds of activities do you do in the week?

☐ Walking

☐ Dancing

☐ Housework

☐ Cycling

☐ Gym

☐ Swimming

☐ Bowling

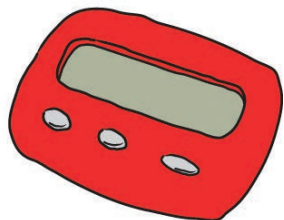
☐ Shopping

☐ Football

☐ Other, please say below

.....  
.....

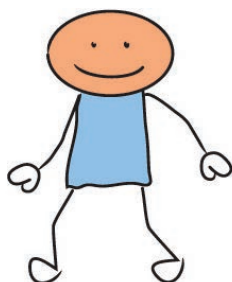
## Now is your turn to get walking...



- Make sure the step counter is on your waistband or clipped to your belt (check if you need to reset it each day)









- Get other people to walk with you or if it is safe go on your own walks



- Increase your walking a little at a time, enjoy it!

# Step diary

<b>Week</b> <b>1</b>	<b>Monday</b>  Steps =	<b>Tuesday</b>  Steps =	<b>Wednesday</b>  Steps =
	<b>Thursday</b>  Steps =	<b>Friday</b>  Steps =	<b>Saturday</b>  Steps =

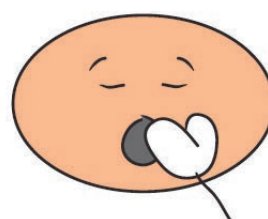
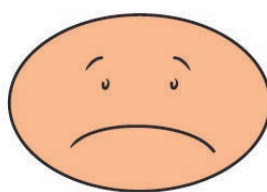
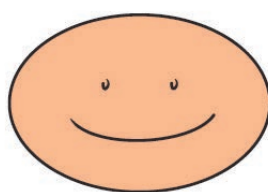
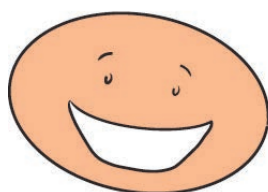
At the end of week 1 I felt:

☐ Great

☐ Happy

☐ Sad

☐ Sleepy









What did you enjoy about your walks?

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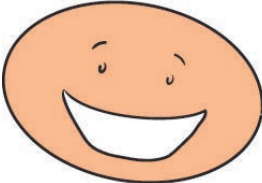



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# Step diary

<div>Week 2</div>	<div>Monday</div>  <div>Steps =</div>	<div>Tuesday</div>  <div>Steps =</div>	<div>Wednesday</div>  <div>Steps =</div>
	<div>Thursday</div>  <div>Steps =</div>	<div>Friday</div>  <div>Steps =</div>	<div>Saturday</div>  <div>Steps =</div>







At the end of week 2 I felt:

☐ Great
 ☐ Happy
 ☐ Sad
 ☐ Sleepy

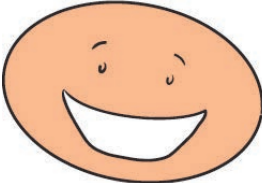
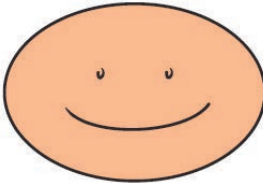


What did you enjoy about your walks?

# Step diary

<div>Week 3</div>	<div>Monday</div>  <div>Steps =</div>	<div>Tuesday</div>  <div>Steps =</div>	<div>Wednesday</div>  <div>Steps =</div>
	<div>Thursday</div>  <div>Steps =</div>	<div>Friday</div>  <div>Steps =</div>	<div>Saturday</div>  <div>Steps =</div>







At the end of week 3 I felt:

☐ Great
 ☐ Happy
 ☐ Sad
 ☐ Sleepy

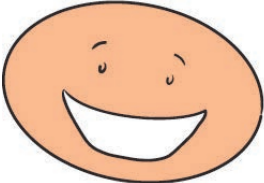
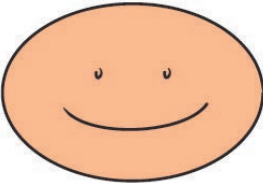

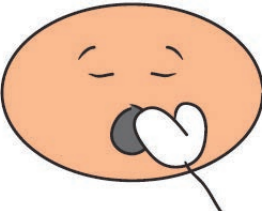
What did you enjoy about your walks?

# Step diary

<div>Week 4</div>	<div>Monday</div>  <div>Steps =</div>	<div>Tuesday</div>  <div>Steps =</div>	<div>Wednesday</div>  <div>Steps =</div>
	<div>Thursday</div>  <div>Steps =</div>	<div>Friday</div>  <div>Steps =</div>	<div>Saturday</div>  <div>Steps =</div>








At the end of week 4 I felt:

☐ Great
 ☐ Happy
 ☐ Sad
 ☐ Sleepy

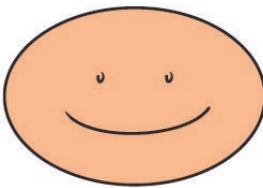
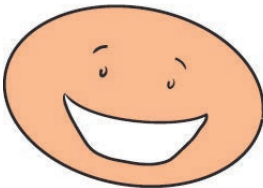
What did you enjoy about your walks?

# Step diary

Week 5	Monday	Tuesday	Wednesday
	 Steps =	 Steps =	 Steps =
Thursday	Friday	Saturday	Sunday
 Steps =	 Steps =	 Steps =	 Steps =







At the end of week 5 I felt:

☐ Great      ☐ Happy      ☐ Sad      ☐ Sleepy



What did you enjoy about your walks?

# Step diary

<b>Week</b> <b>6</b>	<b>Monday</b>  Steps =	<b>Tuesday</b>  Steps =	<b>Wednesday</b>  Steps =
	<b>Thursday</b>  Steps =	<b>Friday</b>  Steps =	<b>Saturday</b>  Steps =

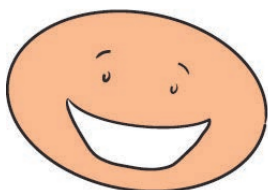
At the end of week 6 I felt:

☐ Great

☐ Happy

☐ Sad

☐ Sleepy



What did you enjoy about your walks?








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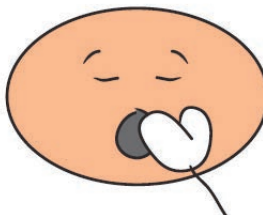
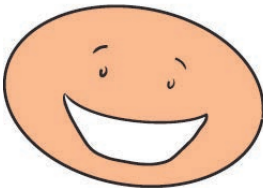


# Step diary

Week 7	Monday	Tuesday	Wednesday
	 Steps =	 Steps =	 Steps =
Thursday	Friday	Saturday	Sunday
 Steps =	 Steps =	 Steps =	 Steps =







At the end of week 7 I felt:

- ☐ Great
- ☐ Happy
- ☐ Sad
- ☐ Sleepy



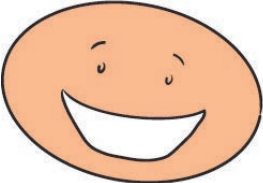
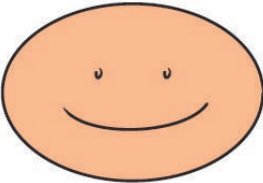

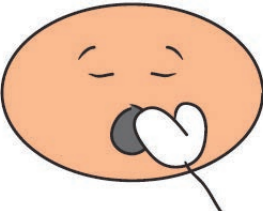
What did you enjoy about your walks?

# Step diary

<div>Week 8</div>	<div>Monday</div>  <div>Steps =</div>	<div>Tuesday</div>  <div>Steps =</div>	<div>Wednesday</div>  <div>Steps =</div>
	<div>Thursday</div>  <div>Steps =</div>	<div>Friday</div>  <div>Steps =</div>	<div>Saturday</div>  <div>Steps =</div>

At the end of week 8 I felt:

☐ Great
 ☐ Happy
 ☐ Sad
 ☐ Sleepy

What did you enjoy about your walks?

# ***Congratulations***



**You have now finished the  
'Step by step' challenge.**

## Next

Now that you have finished your 'Step by step' challenge, list the changes you have noticed about your health.

Has your weight changed? .....

Has your waistline changed? .....

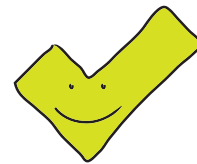
What is good about walking?

.....

.....

.....

Will you continue to walk? (Please circle)



If not, why?

.....

.....

.....

What would help you to walk more?

.....

.....

.....

# My big story for 'Step by step'

**This is my 'Step by step' walking group**

Insert group photo here

**The best thing about 'Step by step' is**

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**Keep walking!**

## Acknowledgements

This booklet was originally adapted for use in Northern Ireland by South Eastern Health and Social Care Trust. It has been reproduced with permission from NHS Ayrshire and Arran's Health Promotion team. NHS Ayrshire and Arran adapted the booklet from 'Step To It' produced by the Active Living Coordinator, Dr Jeff Bartley MCSP Dip RG&RT with support from his Community Health Team Colleagues, NHS North Lancashire.

For information about NHS Ayrshire and Arran's resource please contact the Health Information and Resource Services, Afton House, Ailsa Hospital Campus, Ayr KA6 6AB  
Telephone: 01292 885 927.

More general information about walking in Northern Ireland can be found at [www.walkinginyourcommunity.com](http://www.walkinginyourcommunity.com) or [www.walkni.com](http://www.walkni.com)

## Your notes



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[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

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