

# SUMMER



WALK THE WALK

THE  
WALK

## WALK THE WALK GUIDE TO SUMMER WALKING

**IT IS NOT EXPECTED THAT YOU DO MORE THAN ONE ACTIVITY EACH DAY, JUST CHOOSE THE RIGHT ONE FOR YOU. ANY WEEK CAN BE REPEATED AS OFTEN AS WISHED, UNTIL YOU FEEL READY TO MOVE ON. INCREASE THE TIME TO SUIT YOU. THE IMPORTANT FACTOR IS DEDICATING THE RIGHT AMOUNT OF TIME TO THE ACTIVITY EACH DAY.**

**KEY:**  SAND WALKING  ROAD/PATH WALKING  HILL WALKING

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
TUESDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
WEDNESDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
THURSDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
FRIDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
SATURDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
SUNDAY	15 MINUTES WALK  5 MINUTE STRETCH	15 MINUTES WALK  5 MINUTE STRETCH	20 MINUTES WALK  10 MINUTE STRETCH	25 MINUTES WALK  10 MINUTE STRETCH	30 MINUTES WALK  10 MINUTE STRETCH
TOTAL	<b>WALKING</b> 1H 45MINS  <b>STRETCHING</b> 35 MINS	<b>WALKING</b> 1H 45MINS  <b>STRETCHING</b> 35 MINS	<b>WALKING</b> 2H 20MINS  <b>STRETCHING</b> 70 MINS	<b>WALKING</b> 2H 55MINS  <b>STRETCHING</b> 70 MINS	<b>WALKING</b> 3H 30MINS  <b>STRETCHING</b> 70 MINS

# YOUR GOAL!

This depends on your starting point, how fit you are, and where you find yourself over the summer months.

## **This 5 week plan is intended to:**

Help you get used to daily walking, stretching and just regularly being active if you are not already.

Introduce different types of walking that are not necessarily fast, but just as beneficial, both mentally and physically, as walking on the flat.

Set a personal goal of going further within each time bracket each week and to appreciate your development.

## **Things to consider:**

In addition, you may want to consider measuring the distance and steps you walk from the moment you get up, to when you go to bed - aim for a minimum of 2 miles (approximately 4 to 5,000 steps). If you are not there yet, this is a good daily minimum to aim for.

Don't go too fast too soon as it can lead to shin splints and other injuries!

# HOW DOES IT WORK?

No matter where you find yourself this summer, up mountains, down on the beach or even staying at home, this is an ideal, easy-going plan to fit around any holiday, whilst starting out on your path to Walk the Walk fitness.

This 5-week plan works on time, rather than distance, so if you are with family or friends you can take a fixed time out for yourself each day, walking only at a pace that suits you. As the days and weeks pass, the aim is to continually increase your distance even by small amounts, but within the same time. The times set are a suggestion, so feel free to either reduce or increase. Success will come by making your walking fit in with your summer and whatever you are doing, and as always, if you can work up to more, all the better!

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# 1

## WEEK ONE:

**Daily walking** - Even 15 minutes of walking a day has a multitude of benefits to your overall fitness and mental well-being. This week, go gently, and get used to putting aside a minimum of 15-30 minutes each day as your time to develop the habit of daily stretching and walking. Possibly easier to have a week on the flat before venturing onto hills, but it's not a race, so go at your own pace.

## WEEK TWO:

**On a roll** - By now you will be on a roll and easing your way into daily walking. By repeating the distance, you can really measure your progress, whilst enjoying special 'me' time.

## WEEK THREE:

**Increase time by 5 minutes for both walking and stretching** - Be sure you don't skip your stretching. We cannot stress how important this is, and the benefit you will feel over the course of 5 weeks. You can include yoga or pilates moves if these are familiar to you. If you are new to stretching, just circling your ankles, and alternating stepping up and down onto the balls of your feet, or standing on a step and allowing your heels to drop down, a great stretch for calves, will all benefit your walking.

## WEEK FOUR:

**Try variety** - Mixing different activities and planning different routes really helps to keep you enthusiastic and motivated. This may not be so difficult whilst you're on holiday, but is a good foundation for continuing the pattern, when you return.

## WEEK FIVE:

By now you should be feeling the benefit of regular activity, walking and stretching - if you have enjoyed this plan, look out for other Walk the Walk plans or why not sign up to a challenge.



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## WALKING THE WALK ON SAND:

Whilst walking on a beach is more demanding than walking on tarmac or other hard surface, it is rich in benefits and an ideal and easy way to keep fit whilst on holiday. With each step, your foot sinks into the sand, and not only allows you to use the full range of movement in your arches and ankles, but also your back foot and leg muscles will work extra hard to give you the push off to propel you forward. It will demand more energy, and consequently use up to 50% more calories than walking on a hard surface. Your tracking device will love you as you will probably walk further than you ever intended, and most of all, it is mentally relaxing and nourishing for the mind and body!



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## TOP TIPS FOR SAND WALKERS:

- 1 Walking short distances in bare feet provides a very intense workout that will use the full range of movement in your foot. Try really expanding your toes as you roll the foot out from placing your heel.
- 2 Beach walking is great exercise, plus good for absorbing Vitamin D, however, limit walking without sunscreen to no more than 20 minutes, depending on your skin type and the temperature. It is easy to lose track of time and the sea breeze can mask an intense sun. Always carry sunscreen, a hat, sunglasses and water.
- 3 Walking on sand is fantastic for balance and co-ordination, as you are continually re-assessing and reacting to a changing surface.
- 4 Before setting off, as with any walk, take time to warm up and stretch, paying particular attention to your ankles and feet. Try circling your ankles both clockwise and anti-clockwise several times, as well as stretching and fully expanding your toes and arches. Rolling your foot over a hard tennis ball a few times can be a great start!
- 5 **BE AWARE** if you have any pre-existing ankle or leg injuries, just get checked by your doctor before embarking on any intense sand walking. Keep distances shorter in bare feet, walking too far without shoes can be the cause of shin splints and other sores.

For other distances, it is advisable to wear either walking sandals or training shoes to protect your feet.



# HILL WALKING:

If you are lucky enough to be around hills or mountains over the holidays, they present a very different type of walking, but just as wonderful and powerful, without placing too much added stress on your joints.

By using your body aerobically, hill walking, amongst many things, is good for the heart, lungs and your overall circulation. Plus, of course, the de-stressing and healing qualities of walking in forests, or in a natural environment that inspires a feeling of calm and well-being. The feeling of achievement in climbing any hill or mountain can only have a positive effect on the body too...



## TOP TIPS FOR HILL WALKING:

**1** Make sure you have suitable footwear for whatever terrain you are walking. Trail shoes are wonderful, but if hillier, walking boots offer more support and may be more appropriate.

**2** From a physical perspective, walking slowly up hills is as beneficial as fast walking on the flat, and can certainly burn many more calories depending on the gradient. Hill walking will really work your glutes, hamstrings and quads which is fantastic for staying flexible and strong. Walking downhill, not everyone's favourite, will benefit your calves.

**3** **BE AWARE** Weather conditions can change quickly on higher ground, so always carry suitable clothing, a phone charger just in case, sun cream, and plenty of water.





# ROAD / PATH WALKING:

If you find yourself in suburban areas and with no access to beaches or hills, you may have the benefit of walking on flat tarmac paths, where you can start developing good Power Walking technique and also have every chance of increasing the distance you walk within the time specified on the plan.

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## TOP TIPS FOR WALKING:

- 1** Check out our guide on how to make sure your shoes are right for your feet. Having the right shoes is worth its weight in gold, especially when you move onto longer distances.
- 2** Always carry plenty of water.
- 3** Plot several routes that will take you in a circular path from where you start and, where possible, that can go through parks and green spaces. Having a variety of routes will help to keep you motivated and inspired over the first 5 weeks.
- 4** Walking at speed is the core of power walking.

Have a lovely summer!

and all the walk the walk team!



# 12 STEPS TO FEELING FANTASTIC...



12 simple steps that could mean you have more energy, lose weight, tone muscle and make your skin glow!

The food you eat is a big part of how your body gets energy, keeps you well and helps you to maintain a healthy body weight... BUT it's all a question of balance, choices and getting to know your body. Some foods will support you more than others, and the amount of calories you eat or drink every day needs to be a little bit lower than the amount of energy you use.

**Balancing your blood sugar** is important for good health.

If your blood sugar is too low you can feel tired and dizzy, too high and it can be the cause of diabetes. To help maintain a steady blood sugar level, make sure that you eat little and often during the day.

Sometimes just an oatcake can be enough between meals, to keep cravings at bay.



**Reduce stress... Easier said than done** for most of us, our day to day lifestyle creates stress in a multitude of ways. Our stress response has a powerful negative effect on the body, including your hormones, immune system, and general wellbeing, so it is essential we find ways to manage it. If stress is a problem for you, it is important that you get your blood sugar in balance and find ways that help you relax. To begin, find something you enjoy such as yoga, reading, meditation and of course, walking!

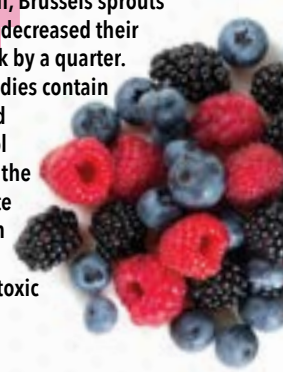
**The big fat debate** Good fats found in oily fish, nuts, avocados and olive oil are essential for good health. Whilst they can be high in calories and this should be taken into account, any diet eliminating these fats is unsustainable and can actually damage your health. However not all fats are equal in terms of our health, and you should aim to keep the amount of saturated and trans fats to a minimum. These are usually found in fried and baked foods such as cakes, biscuits, hard margarines, takeaways, pastry, pies...all of which should be limited if you are opting for a healthier lifestyle.

**Vitamins and minerals** Do they support good health or are they a waste of time? As most of our soil is now devoid of minerals and with the pollutants that fill our air, just eating a healthy diet may not be enough. Walk the Walk's founder, Nina, became a huge advocate of vitamins and minerals whilst going through her own breast cancer and noticed the difference they made when she took them. With vitamins you get what you pay for, so our tip, always read the label and buy the best you can afford!

**Good bacteria** These bacteria form part of your gut microbiome and support many body functions including digestion and absorption, immune health and detoxification of oestrogen. They get depleted with stress, poor diet and the use of antibiotics. It is crucial for optimum health to have good levels of beneficial bacteria; this can be achieved through taking a probiotic. Eat a wide variety of fruits and vegetables as they are high in fibre, which stimulates their growth.

**Hormone disruptors...** It's all about plastics and chemicals in toiletries, cosmetics etc. Sounds like science fiction? They are a group of recognised chemicals (xenoestrogens) that are known to interfere with endocrine (hormone) function causing a negative impact on your body from weight gain, sleep disruption to hormone related cancers. Avoid, if possible, food and drink in plastic containers or wrapped in plastic. Switch to more natural personal and cleaning products.

**Eating your greens could guard against breast cancer** A study found that women eating one-and-a-half cups of vegetables a day such as cabbage, broccoli, Brussels sprouts and cauliflower, decreased their breast cancer risk by a quarter. These green goodies contain a chemical called indole-3-carbinol that encourages the body to eliminate excess oestrogen and prevents it from absorbing toxic hormones.



**Sleep** is not to be underrated as an important part of a healthy lifestyle. There is a lot of information available about the benefits of sleep and for those that have sleeping difficulties, but there is one fact on which all experts agree - regular exercise such as walking can really help you to release the day's stresses and strains, as well as many other benefits, from helping to control your weight, having a healthy heart, as well as helping you to look and feel your best!

**Water, water, water...** The impact of not drinking enough water cannot be underestimated. We are made up of 60 - 70% water; it is our life source. Often thirst is mistaken for hunger and you could be eating when all you really need is a glass of water. Be aware that teas and coffees don't count. To keep hydrated, aim to drink around 2 litres of water a day, making sure tap water is filtered.

**Give yourself a social media shutdown...** May sound tough for some, but continually checking our phones and devices has almost become a stressful addiction. To find freedom and balance, try switching off your phone at some point each day even for 30 minutes whilst you stretch, walk, eat or just relax. See how it feels to develop a new habit of just being unavailable for a while!

**Give yourself a break from alcohol...** It is important to have at least 2 - 4 days a week free from alcohol. Alcohol takes its toll on your liver and can compromise its ability to detoxify your system, which is one of its main roles. Milk thistle is an excellent herb for the liver, helping to increase the number of new liver cells to.

**MAD2 makes a difference!** Walking just 2 miles a day, which includes every step from the minute you get up, until the end of the day, can make a difference to your overall fitness. Add this to longer walks that increase your heart rate, 2-3 times a week for about 30 minutes, and you really will see a difference in energy levels, muscle tone and fitness. Just try it... you would be mad not to!

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uniting against breast cancer  
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**Small changes in lifestyle can have the greatest overall impact on your health and fitness. Being more active, maintaining a healthy body weight and avoiding foods and drinks that don't support you, all make a difference.**

**Did you know \*40% of cancers, affecting 155,000 people, could be prevented with lifestyle changes?**

\*World Cancer Research Fund

**Science now recognises the impact that food and nutrition has on treating illness and preventing diseases such as cancer. The impact that food has both physically and emotionally on your body cannot be underestimated.**

**In short, you really are what you eat, and food can be the first step to not only feeling and keeping well, but looking fantastic!**

