



WOW

Women Out Walking

PROGRAMME





Women Out Walking Programme

Welcome and well done on signing up for Waterford Sports Partnership's Women Out Walking Programme supported by the HSE Participation Programme and funded through the Irish Sport Council.

This is a five week walking programme that encourages women to go out walking in the community, aiming to meet the recommended guidelines for adults of 30 minutes a day of moderate activity on 5 days a week*. The purpose of the programme is that women can walk socially with their buddies while getting physically active by using their local walking routes and pathways. The programme aims to get women walking during the day at lunch time or in the evenings.

This booklet gives you useful tips and provides you with a way of logging your walks. Using a pedometer helps to monitor how many steps you take while you are walking and tracks your progress. The programme focuses more of the enjoyment and social aspect of walking.

HEALTH WARNING - If you are very inactive or are worried about any aspect of your health, you should consult your doctor before undertaking this programme.

*Department of Health and Children, HSE (2009)
For more information on the physical activity guidelines visit www.getirelandactive.ie

WEEK ONE: GETTING STARTED!

- Wear comfortable clothes and sturdy, comfortable shoes or trainers.
- Several thin layers of clothing are better than one thick layer. You can take off layers as you warm up, or add them if you get cold.
- Unless you're sure it's not going to rain, take a good jacket – it's easier than an umbrella.
- Wear a hat: it keeps you warm in winter and protects you from the sun in summer.
- Wear gloves if it's cold – it's difficult to walk briskly with hands in pockets.
- Wear sun cream if you're going to be outdoors for any length of time.
- Take some water, and some food too if you're going on a longer walk. Drink some water before and after your walk.
- A small backpack is more comfortable to walk with than an ordinary bag.

Some of the Benefits of Walking -

- ◆ Strengthens back muscles
 - ◆ Burns calories
 - ◆ Slims your waist
 - ◆ Easy on your joints
 - ◆ Strengthens your bones
 - ◆ Lowers blood pressure
 - ◆ Allows time with family & friends
 - ◆ Shapes & tones your legs & bottom
 - ◆ Cuts cholesterol
 - ◆ Reduces risk of heart disease, diabetes, & more
 - ◆ Reduces stress
 - ◆ Sleep better
 - ◆ Improves mood and outlook on life
 - ◆ Can be done almost anywhere
 - ◆ Requires no equipment
- AND it's Free!**

CHECK YOUR POSTURE:

- Stand up straight but relaxed,
- Swing your arms.
- Breathe deeply.

WEEK ONE

	My Activities	Total Time/ Steps Taken	My Notes
EXAMPLE	Walking		
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
WEEKLY TOTAL			

WEEK TWO: How did you do last week?

What was your total for last week? -150 minutes or more and you were active on more than five days per week – Well done!

150 minutes or more but on less than five days a week – Well done on reaching your target time however, you need to try and exercise more frequently - look at some of the suggested activities in Week Three.

Less than 150 minutes – Don't worry, this is a marathon, not a sprint! Try to increase your exercise gradually each week, Try following some of the tips listed below.

Week Two Tip: *One of the ways to increase exercise is to change some of your simple everyday routines. Here are some suggestions;*

- ◆ Walk to the shop rather than drive.
- ◆ If you have a dog, take it for a walk every day.
- ◆ Take the stairs rather than the escalator or lift.
- ◆ Meet for a daily walk with a friend, maybe on the beach.

WEEK TWO

	My Activities	Total Time/ Steps Taken	My Notes
EXAMPLE	Walking		
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
WEEKLY TOTAL			

WEEK THREE: What is Moderate Activity?

It is important to ensure that during exercise you are making your body work harder to gain benefit from exercise. This is called moderate activity..

You'll know you are at moderate activity when:

- ◆ Your heart is beating faster than normal. Place your hand on your chest and you'll feel it thumping.
- ◆ You are breathing deeper and faster than normal but not out of breath; (Note: if you can't talk comfortably, you're going too fast).
- ◆ There's a little sweat appearing on your brow but you're not sweating profusely.

"Success is not final, failure is not fatal: it is the courage to continue that counts." (Winston Churchill)

WEEK THREE

	My Activities	Total Time/ Steps Taken	My Notes
EXAMPLE			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	WEEKLY TOTAL		

WEEK FOUR: TIPS for WALKING FASTER

- Use good posture. Walk tall, look forward, (not at the ground) gazing about 20 feet ahead. Your chin should be level and your head up.
- Keep your chest raised, and shoulders relaxed (shoulders down, back and relaxed).
- Bend your arms in slightly less than a 90 degree angle. Cup your hands gently. Swing arms front to back (not side to side - arms should not cross your body.) Do not swing elbows higher than your sternum (breast bone). Swing your arms faster and your feet will follow.
- Tighten your abs and buttocks.. Flatten your back and tilt your pelvis slightly forward.
- Pretend you are walking along a straight line. Resist the urge to elongate your steps. To go faster -- take smaller, faster steps.
- Push off with your toes. Concentrate on landing on your heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you forward.
- Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system. Walk fast enough that your breathing is increased yet you are not out of breath.

WEEK FOUR

	My Activities	Total Time/ Steps Taken	My Notes
EXAMPLE	walking		
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
WEEKLY TOTAL			

WEEK FIVE: Top tips

Set SMART goals

Specific -

Make sure your goals are specific e.g. that you want to walk this much today or you want to cover this amount of steps today.

Measurable –

That you are able to monitor your walks by using this log and you are able to measure what distance you had done and need to do.

Achievable –

That you are making realistic goals that you can achieve.

Relevant –

That the exercise that you want to do is realistic to your own goals, etc monitoring your own steps walking.

Timing -

That you are doing this at a realistic and a suitable time.

FITT Principles

F-FREQUENCY

How many times a week do you want to walk 2,3 etc and for how long do you want to walk?

I-INTENSITY

Make sure that you are walking at a suitable frequency that you aren't working too hard or taking it too easy.

T-TIMING

That you are walking at a suitable time for you, that fits in with your daily plan.

T-TYPE

What type of walking do you want to do, power walking, strolling, fast walking etc.

Staying motivated to lose weight and exercise is tough - and the hardest part is usually getting started in the first place.

WEEK FIVE

	My Activities	Total Time/ Steps Taken	My Notes
EXAMPLE			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
WEEKLY TOTAL			

WHAT CAN I DO TO STAY MORE ACTIVE? on completing the five week walking programme

WHAT CAN I DO TO STAY ACTIVE??

Here are a few suggestions...

- Keep walking with a buddy
- Do longer routes
- Vary the route to keep it interesting
- You could join a walking group, class or gym to keep you motivated
- Give yourself a target to aim for such as:
 - The John Treacy 1k or 5k fun run/walk www.thejohntreacyclassic.com
 - The Women's Mini-marathon which is held on the June Bank Holiday weekend. www.womensminimarathon.ie
 - The Run for Life which takes place in October each year www.solascentre.ie
- or check out the **Active Waterford** section of our website www.waterfordsportpartnership.ie

"The way to get started is to quit talking and begin doing."
Walt Disney



"Energy and persistence conquer all things."
Benjamin Franklin

Waterford Sports Partnership

Civic Offices,
Dungarvan,
Co. Waterford
Tel: 058 21199

City Hall,
The Mall,
Waterford
Tel: 051 849855

Email: info@waterfordsportspartnership.ie

Web: www.waterfordsportspartnership.ie

