

WELSH JOINT EDUCATION COMMITTEE
General Certificate of Secondary Education



CYD-BWYLLGOR ADDYSG CYMRU
Tystysgrif Gyffredinol Addysg Uwchradd

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ENGLISH

HIGHER TIER

PAPER 2

P.M. THURSDAY, 7 June 2007

Resource Material for use with Section A

Walk more - feel the difference



Make your
own way to
better health

Walking is the perfect activity for health!

Did you know? Walking can...

- Make you feel good
- Give you more energy
- Help you sleep better
- Help you reduce stress
- Keep your heart 'strong'
- Reduce blood pressure
- Help to manage your weight

Why walk?

- It's the sure safe way to health and fitness
- It's a chance to meet people, make friends
- Almost everyone can do it
- You can do it anywhere and any time
- You don't need any equipment - apart from comfortable walking shoes
- There's very little risk of injury
- It doesn't hurt!
- You can start slowly and build up gently
- It's free and easy



What walking are you already doing?

Ask yourself....

- How many times have I walked today?
- What was the longest time?



Do you know what the current recommendation is for physical activity?

You don't have to spend hours. Just 30 minutes a day of moderate activity, such as brisk walking, is all it takes to feel the difference.

This might sound a lot all in one go, but you can walk for ten minutes three times a day or 15 minutes twice a day.

'Brisk' walking means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat - it doesn't need to be 'hard' and you should still be able to talk!

The most important thing is that you start 'where you're at' and build up gradually.

IF YOU ARE FREE OF SERIOUS HEALTH PROBLEMS YOU CAN START WALKING MORE WITH CONFIDENCE

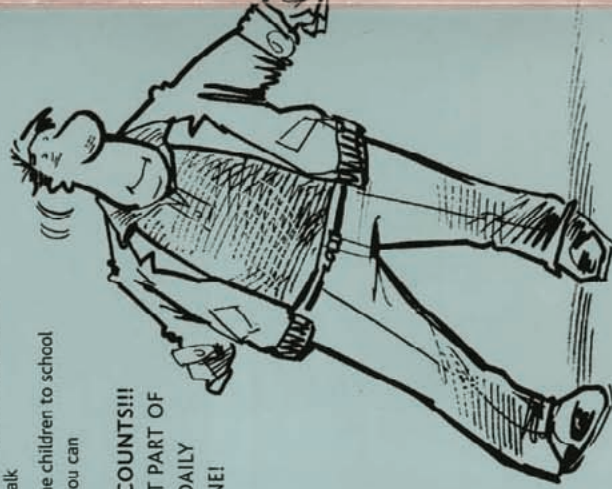
Want to know more? >>>

A Small Change is a Big Step!

Tips to get started:

- Think before you drive less than a mile - walk to the local shop or post box
- Throw away the TV remote control!
- Get off the bus a stop earlier
- Park the car further away at the supermarket
- Take the stairs instead of the lift
- Enjoy a walking lunch - walk to the park and eat your sandwiches
- 'Borrow' a friend's dog and take it for a walk
- Walk the children to school when you can

**IT ALL COUNTS!!!
MAKE IT PART OF
YOUR DAILY
ROUTINE!**



Ready to get started? >>>

Small Steps to Success! (One step at a time!)

Getting started

If you can only walk for a couple of minutes and you need to rest, that's OK! Where you have to start isn't important - it's where you're going that counts!

Try to walk on most days of the week - you could start with a 10 minute walk and gradually increase the time you spend walking. If you could do the 10 minute walk twice a day then that would be even better. If you are very unfit you may want to start by walking every other day. Don't overdo it on your first day! Gradually ease your body into the walk for the first few minutes.

How should I feel?

Listen to your body when you walk - if you feel dizzy, or develop pain or nausea, slow down or stop. If the problem persists, see your doctor before walking again. Remember - don't try to compete with others when walking. Your aim is to steadily improve, rather than walking farther or faster than someone else.



Walk more - feel the difference



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funded



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