



Walk Leader Handbook





Being a Walk Leader

As a walk leader you are an important and crucial part of the success of a walking program or group in your community. The most successful community-based walking programs have walk leaders at the local level who understand their community, promote the program and ensure that the program runs year after year.

Walking program participants who are supported locally are more likely to still be walking one year later and walkers who feel supported and energized become the best advocates for the walking program in the community. Without local support the programs dissolve and die quickly in the community. Your involvement as a Walk Leader is critical and greatly appreciated.

Our bodies are designed to move and walking is one of the easiest forms of physical activity. Walking, particularly in pleasant surroundings, and with other people, offers many opportunities for relaxation and social contact. People walk for many reasons – for pleasure, as transportation, to experience the outdoors, to socialize, to lessen the effects of chronic health conditions, to address environmental concerns. Walking reduces fatigue and increases energy, strengthens bones and muscles, and is virtually injury-free. Regular physical activity can improve overall health, physical and mental, and reduce the risk of chronic disease. For people living with a chronic disease walking is a great way to reduce the affects of a disease on the body.





Benefits of Walking



STUDIES SHOW THAT WALKING CAN:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol and improve blood lipid profile
- Reduce body fat
- Enhance mental well being
- Increase bone density, thereby helping to prevent osteoporosis
- Reduce the risk of cancer of the colon
- Reduce the risk of non-insulin dependent diabetes
- Help to control body weight
- Help osteoarthritis
- Help increase flexibility and coordination hence reducing the risk of falls





About the Handbook

This Walk Leader Handbook contains the tools you need to be a successful Walk Leader in your community. While not everyone may be able to incorporate all aspects of this handbook into a walking program, the ideas in this book outline how to create and maintain or enhance an effective and enjoyable walking group.

This handbook includes:

- Information on the role of the walk leader
- Information on what people expect and look for in a walking group and walk leader
- A guide to planning the walk
- Information on warm-up stretches
- Ideas on how to incorporate a social component to the group walk
- Details on the importance of having the group fill out a health screening form
- Points throughout to help answer questions that participants may ask about walking





The Role of the Walk Leader

Walking group members look to the Walk Leader for guidance and encouragement. Walk Leaders plan the route, advertise locally, and lead the groups in the walks. Many participants prefer leader-guided walks, such as those who embark on a walking program for the first time, those who are new to a community, and for many other reasons. Leader –guided walks are especially preferred by those over the age 50.

A good walk leader is someone who:

- Is friendly and easy to talk with
- Makes the walk feel like a fun occasion
- Is positive and encouraging for those starting out and encouraging of participants to keep coming back
- Is reliable and punctual
- Shows experience with and knowledge of a wide range of walks (from easy to more difficult)
- Ensures the walking route is safe and predictable
- Is enthusiastic
- Has a warm approach and is welcoming
- Has knowledge of basic first aid procedures
- Is familiar with the routes and alternatives
- Informs the appropriate organization of any changes, hazards, or problems that occur during the walk
- Keeps their healthy living, physical activity and walking knowledge current
- SMILES





How Far to Walk

Although this varies somewhat by age and fitness level, walking at a brisk pace, 30 to 60 minutes to achieve at least 150 minutes per week is best. Another method is to use a pedometer (available through the Mississauga Library System at no cost), and count daily steps taken. The following is the recommended daily steps:

- Highly Active Children, Youth and Fit Adults: 10, 000 – 16, 000
- Active Adults: 10, 000
- Somewhat Active Older Adults: 7, 000 – 9, 999
- Low Active Adults with a Chronic Health Condition*: 4, 000 – 7, 000*

While most group walks last for one hour, not everyone can begin walking for one hour. Participants need to work up to one hour. Walking in short periods of 10-minute sessions, then a rest, then continuing to walk is also widely accepted for achieving health benefits and may be a more practical way to achieving personal health goals. Over time participants should be able to reduce their resting period and increase their walking period to achieve one hour of continuous walking. A simple way to work out how briskly one should walk is to aim to walk to 'sweat a little and increase breathing'. Anyone should be able to have a conversation while walking – this is the 'talk test'. If breathing is so difficult a conversation is not possible, reduce the speed of the walk until conversation is possible. See the resource section for how to increase # of steps per day to reach the daily goal.

* Check with you doctor before participating in a walking program.





Barriers to Walking

It is important to realize that there is not a 'one size fits all' method for motivating walkers. Some are motivated by the benefits of walking, some by the health hazards of a sedentary lifestyle, and still others by walking for fun or companionship. As noted in the introduction, the list of reasons to walk are endless and as varied as the individuals who walk.

Walking with others as part of a group is often very motivating as it gives people an opportunity to socialize and having people around who enjoy walking can inspire them and hold them accountable to their walking goals.

For those that express concerns about personal motivation to walk, the *[Barriers to Being Active Quiz](#)* is a resource to help them identify the types of barriers that are undermining their ability to make regular physical activity an integral part of life. Suggestions for *[Overcoming Physical Activity Barriers](#)* offer ways for them to deal with personal barriers. See the resource section for more information on barriers to activity.





The Importance of Health Screening

Being more physically active is very safe for most people. Some people, however, should check with their doctor before they start becoming more physically active and include those:

- Who have been told that they have heart trouble
- Who have any pains in their chest or on left side (neck, shoulder, or arm) when they are physically active
- Who often feel faint or have dizzy spells
- Who feel extremely out of breath after they have been physically active
- Whose health care provider told them that they have uncontrolled high blood pressure
- Whose health care provider told them that they have bone or joint problems like arthritis, that could get worse if they are physically active (though these conditions often get better with exercise)
- Who are over 50 years old and not used to a lot of physical activity
- Who have a health problem or a physical reason not mentioned here that might keep them from joining a walking program



Health Screening Form

Participants between the ages of 15 and 69, should answer the following eight questions in the box below. The Screening Form assists participants in determining if a visit to your doctor before you start is required. Participants over 69 years of age, or pregnant should, check with their doctor before exercising. Answering Yes to any of the questions below indicates a visit to the doctor before beginning the walk program is prudent.

If all answers are no it is likely the participant is okay to begin the program.

Common sense is your best guide when you answer these questions. Please ensure participants read the questions carefully. It is important each participant answer either YES or NO honestly.

Yes	No	
		Has your doctor ever told you that you have heart trouble?
		When you are physically active, do you have any pains in your chest or on your left side (neck, shoulder, or arm)?
		Do you often feel faint or have dizzy spells?
		Do you feel extremely out of break after you have been physically active?
		Has your health care provider told you that you have uncontrolled high blood pressure?
		Has your health care provider told you that you have bone or joint problems like arthritis, that could get worse if you are physically active (thought these conditions often get better with exercise)?
		Are you over 50 years old and not used to a lot of physical activity?
		Do you have a health problem or a physical reason not mentioned here that might keep you from starting a walking program?





Planning the Walk

SET A TIME

- Consider the time of year. Walks in the summer may need to be earlier or later in the day than in the winter in order to avoid the heat.
- Choose a time of the week and day that you can regularly commit to as a walk leader
- Consider what time of the day most people would normally walk. Often people prefer to walk either at the beginning of the day, or at the end of the day in daylight hours. Those who are at home or retired are more flexible in the time of day to go for a walk than those who are working.
- Consider finishing the walk at a café and providing a social option for participants, or consider stopping at a café part way through the walk to give participants a chance to rest. Over time, once they've built up their fitness levels, the mid-walk stop could be moved to the end of the walk. It is important to remember that a social option is wonderful and may be the motivating reason for some people to walk. If a café or coffee shop is chosen as the social time, encourage wise nutritious food choices. Stop somewhere where fruit or vegetables are an option.



Planning the Walk

CHOOSING A WALKING ROUTE

- The walk needs to be comfortable. This means taking into account the walking path, its width, and whether it is an even surface, incorporates hills or obstacles, etc. Check the City of Mississauga Recreation and Parks website for information on trails and parks: <http://www.mississauga.ca/portal/residents/parks>
- Consider whether or not the path is accessible for all participants.
- The start and finish points need to be accessible and convenient for people. For example, is there adequate parking and/or access to public transportation if required.
- Perhaps the walk itself is an extension of a current program (a book club, preschool program etc) and the route begins and ends where the current program is taking place.
- It is ideal to choose a location that offers a place nearby to meet before and after the walk so that the group can socialize.
- Are there toilets, shade, water, and rest areas?
- Is the scenery on the walk interesting and varied?

NOTE: not all of the above-mentioned variables will be available for each walking route; however the most ideal route would take into consideration the aspects that have been outlined above.





Planning the Walk

SET A ROUTE

- Use prepared walking routes and maps if they are available.
- Each walking route should be easy to follow by people who are unfamiliar with them. Difficult routes with a lot of obstacles may become frustrating and discourage individuals from participating.
- Walks should aim to be about one hour in length, and no less than 30 minutes in total.

MAKE THE WALKS APPEALING

- Identify rest stops and alternate shorter routes for those who are less fit, especially when they are beginners.
- Look for interesting physical environments. Consider contrast in scenery, such as open spaces, waterfront, historical homes, etc.
- Keep hills to the middle of the walk when people have warmed up and before they get too tired.
- Stop along the way to admire the scenery.
- Talk to participants to find out if they have any suggestions for places to walk.





Walk Distance Table

NOTE: This information should be used only as a guide, and may vary amongst individuals of different ages, abilities, and fitness levels.

Walking Speed (kms/hr)	Time		
	10	20	30
SLOW	0.6 km	1.2 km	1.8 km
MEDIUM	0.9 km	1.8 km	2.7 km
FAST	1.1 km	2.2 km	3.3 km





Sample Walking Program

NOTE: This information should be used only as a guide, and may vary amongst individuals of different ages, abilities, and fitness levels.

If someone has not participated in a walking program and has very low levels of activity, Program #1, listed below would probably be a good starting point. If someone has participated in a walking program or has a high level of activity, Program #2, would be a good starting point.

Program #1: Beginner Walking Program

Week #	1	2	3	4	5	6	7	8	9	10
Minutes Spent Walking	15	18	20	25	30	32	35	40	42	45
Number of Walks/Week	3	3	4	4	4	5	5	6	6-7	6-7





Sample Walking Program

NOTE: This information should be used only as a guide, and may vary amongst individuals of different ages, abilities, and fitness levels.

On average, people walk 5 kilometres per hour, that means 1 kilometre every 12 minutes. Remember a person should try to obtain continuous walking for 1 hour or 10, 000 steps per day for an adult. If using a pedometer, establish the approximate number of steps taken on your first walk and try to increase the number of steps by 500 each week until you reach your distance goal.

Program #2: Advanced Walking Program

Week #	1	2	3	4	5	6	7	8	9	10
Minutes Spent Walking	30	32	35	40	42	45	45	50	55	60
Number of Walks/Week	3	3	4	4	5	5	6	6	6-7	6-7





Walking Tips



On your walk, watch out for:

- Inaccessible locations – this can be a problem for individuals who do not have their own transportation, and if locations are not serviced by public transportation. It may be possible to encourage car-pooling so that everyone can access the location.
- Poor surface conditions – uneven surfaces, icy walkways, and snow-covered routes can cause falls. Be aware of any surface changes.
- Busy roads – avoid major roads and heavy traffic if possible. Aim for quieter streets and locations. If unavoidable, ensure that a safe place is identified to cross a busy road if needed.
- Unsafe surroundings – avoid walking through areas which people may find uncomfortable, such as dark, narrow alleys.
- Level of difficulty – remember the main focus of a walking group is to encourage people to get out and be active. If there are too many steep inclines, this may tire and frustrate people who are not fit, and discourage them from returning.



Planning the Walk

WHAT TO WEAR

- Clothing appropriate for the weather and layered so that clothing can be removed if necessary and tied to the waist or shoulders.
- Light breathable fabrics in the summer or for indoor walking, warm layers in the winter, and waterproof gear in the rain.
- Socks that fit correctly so they don't bunch up and lead to blisters. Socks should allow for air circulation; wool fabrics such as CoolMax, Dri-Fit etc. are known for allowing adequate air circulation. Wicking fabrics (fabrics that remove moisture from the skin) are the key to preventing blisters.
- A hat and sunscreen for warm weather, toques and gloves for cold weather
- Small backpack to carry water, hat, personal ID, etc..

WALKING FOOTWEAR

It is important to invest in a good pair of walking shoes. Look for walking shoes with the following:

- Shoes with a tough outer layer of rubber and a soft mid-sole that runs the full length of the sole.
- Shoes that: fit snugly on the feet; have a well cushioned heel; have good arch support; have adequate toe room; have flexible slip-resistant soles.





Before the Walk - Checklist

Before you begin a walk, complete this Walk Leader Six Point Check List:

CHECK 1: Health Screening Form

- Ask new participants to complete the screening form and to see their doctor before participating if there are health concerns identified through screening

CHECK 2: Level of Activity

- Ask new participants about their current level of physical activity and inform participants of the type of walk for that day, whether it is easy, moderate, or difficult

CHECK 3: Walking Handbook and Other Information

- Let new participants know about the walking handbook, pedometers that are available at the library and other resources. If possible have some copies of walking resources available

CHECK 4: Walk Route

- Walk the route yourself before taking the group. Look for toilets, water, points of interest. Obtain route maps if they are available

CHECK 5: Attendance List and Emergency Contact Information (optional)

- Record names and numbers attending. Record emergency contact details for new members

CHECK 6: Clothing and Safety

- Remind walkers about correct clothing and footwear, and to lock vehicles and take care of valuables.





Before the Walk



As well as completing the checklist, it is a good idea to do the following BEFORE the walk starts:

- ✓ Arrive in plenty of time to welcome early arrivals.
- ✓ Introduce yourself – give your name and greet all walkers at the meeting point.
- ✓ Welcome new participants and introduce them to other walkers.
- ✓ Inform people what to expect.
- ✓ Inform the group of the length of the walk and alternative routes if available.
- ✓ Don't cancel – if you can't be there arrange for substitute. Make sure the substitute is familiar with the Walk.
- ✓ Ensure that there is a working cell phone with someone in the group



Getting the Body Ready – Warm Up!

Important rules for stretching:

- 1) Never stretch cold muscles. The best time to stretch is after your walk. If you have problem areas they can be stretched prior to your walk, but only do this after you have warmed up.
- 2) Do not bounce. Go into a stretch slowly and hold gently. Stretch to the point of feeling a gentle pull, but never to the point of pain.
- 3) Hold each stretch for 30 to 40 seconds. If you have problems with a particular area stretch that area twice (hold for 30-40 seconds release, then stretch again).

There are so many stretches it is impossible to cover them all. Be sure to stretch all the major muscle groups, and put extra focus on any areas you have trouble with.





Getting the Body Ready – Warm Up!

Toe points -- Stand on one leg and lift the other foot off the floor. Gently point your toe and hold for a few seconds. Next flex your foot pointing your toes up. Do this five or ten times on each foot.

Ankle Circles -- While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

Overhead Reach -- Stand with your feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Relax and repeat with the other side.

The Twist -- Stand with your feet shoulder width apart and your arms straight out, parallel to ground. Keep your lower body stationary while slowly and in control swing your arms from side to side. Do this several times to loosen up your waist, back, and shoulders.

Arm Circles -- Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction.





Getting the Body Ready – Warm Up!

Calf Stretch -- Stand on your toes on a step or curb. Hold on to something for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep your body upright and straight. Release and repeat on the other side.

Another **calf stretch** -- Take a big step forward with your left foot, keeping your right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight, do not arch your back.

Shin Stretch -- Standing up, hold on to a stationary object. Stand with your weight on one leg and straighten it. Place your other foot on the ground, with toes pointed and your toenails toward the floor. With the tops of your toes touching the ground, roll your foot and leg forward, from the ankle. Release and repeat on the other side.

Hamstring and Lower Back -- Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

Outer thigh and buttocks and spine -- While lying on your back bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg and back should remain flat. Pull gently. Then repeat on the left side.





Getting the Body Ready – Warm Up!

Lower back -- While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface...it will bruise the spine!

Quadriceps Stretch -- Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot as high as comfortable. Repeat with other leg (to protect your knee... think of pulling the quads back rather than pulling the foot toward your buttocks).

Shoulder Stretch -- Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

Neck Relaxer -- Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck, or tilt it backwards.

Next, gently drop the head so that the ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side. Keep the spine in an upright position and don't hyper-extend the neck, jerk, or tilt the head backwards.





On the Walk!

- Warm up! Start the walk at a slower pace for the first 5-10 minutes
- Stretch
- Pace the walk at a speed for the whole group
- Remind people of the rest areas
- Position yourself amongst the group to observe those who may have problems. Don't march off too far ahead of your group
- Be friendly and approachable and chat along the way
- Encourage people to go at their own walking speed and/or distance
- Remind people that they should be breathing a little faster than normal but still be able to carry on a conversation

Observe participants for signs of distress and inform walkers to stop immediately if they experience:

- Sickness or dizziness
- Excessive sweating
- Excessive fatigue
- Unsteadiness
- Chest pain, discomfort or chest heaviness or tightness
- Muscle strain or cramp
- Significant breathlessness
- Above all, enjoy yourself





Correct Walk Posture and Action

HEAD

The head should be centred, in line with the spine and held in a neutral position (ears directly over the shoulders). The chin should be parallel with the floor. Eyes should be looking forward (2 to 3 metres).

SHOULDERS

The shoulders need to be down and back and not rounded. Walk with chin up and shoulders held down and back, rather than rounded and forward. Think tall.

CHEST

The chest should be lifted and expanded.

ARM ACTION

The arm swing should be natural and comfortable. It is important that the arm swing should not cross the center of the body. The length of an arm swing will determine the length of the leg stride. Short arm swing would result in short steps; long arm swings result in longer strides.

LEG ACTION

The length of each stride should be comfortable and efficient. Stride length will vary amongst individuals and will depend on leg length and hamstring tightness, and arm swing.

FOOT PLACEMENT

Walk with the toes pointed forward. Walk so that the heel of the foot touches the ground first, and then roll weight forward to the ball of the foot.





Post-Walk

Cool Down

After the more intensive portion of each walk you should include a cool down session, which will take about 5-10 minutes. A cool down should include slower paced walking and gentle stretching of the main muscle groups used during the walk. Note: the same stretches used during the warm up can be used for the cool down.

Benefits of Cool Down

- To help reduce muscle stiffness and soreness by removing waste products from the muscles (lactic acid)
- To return the body temperature to normal level
- To prevent pooling of blood in lower limbs which can cause dizziness and fainting
- To stretch the main muscle groups used during the walk

At the End of the Walk

- The walk needs a definite ending (meet at a designated end location)
- Check that all walkers have returned
- Check that all walkers feel well
- Thank people for attending, encourage them to come back and bring a friend
- Invite everyone to stay and have a drink of water, juice or coffee
- Mention the date and time of the next walk
- Allow time for questions and an informal chat

Socialize

- Allow time for socializing after each walk to make people feel welcome and want to come back
- Enjoy a drink and talk with other walkers





Health and Safety

- Be sure that new members complete the Health Screening Form
- Lead the group in the warm up stretches and cool down, explaining why these are important
- Explain the importance of comfortable footwear, clothing and sun protection
- Drink water – encourage walkers to drink plenty of water before, during and after the walk
- Avoid walking during the hottest part of the day

Signs that someone has become dehydrated:

- Fatigue
- Severe thirst
- Nausea
- Headache
- Light-headedness

What to do if someone becomes dehydrated:

- Get the participant to stop immediately
- Drink more fluids – cool water is best
- Take the participant somewhere she/he can cool down and recuperate

If the condition does not improve quickly, seek medical help immediately.

Have the person lie down and have him/her loosen and remove excess clothing.

Cool by fanning.





Health and Safety

If an emergency arises:

- Know the locations of pay phones or carry a cell phone to call an ambulance
- It is recommended that the walk leader attend first aid training
- If medical assistance is not required, encourage the person to relax and recover in a safe place.
- If medical assistance is required, do not attempt to move the person. Keep him/her safe and warm. Ensure someone stays with the injured person and call for medical assistance



RESOURCES



Resources – Barriers to Being Active Questionnaire

Directions: Listed below are 21 reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements:

How likely are you to say?	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
1. My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2. None of my family members or friends like to do anything active, so I don't have a chance to exercise.	3	2	1	0
3. I'm just too tired after work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5. I'm getting older so exercise can be risky.	3	2	1	0
6. I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7. I don't have access to jogging trails, swimming pools, bike paths, etc..	3	2	1	0
8. Physical activity takes too much time away from other commitments – time, work, family, etc..	3	2	1	0
9. I'm embarrassed about how I will look when I exercise with others.	3	2	1	0



Resources – Barriers to Being Active Questionnaire

How likely are you to say?	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11. It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0
12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport at my age.	3	2	1	0
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activity with family or friends does not include physical activity.	3	2	1	0
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself or have a heart attack.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at work, then I would be more likely to exercise.	3	2	1	0



Resources – Barriers to Being Active Questionnaire

Follow these instructions to score yourself:

- Enter the circled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

$$\frac{\quad}{1} + \frac{\quad}{8} + \frac{\quad}{15} = \frac{\quad}{\text{lack of time}}$$

$$\frac{\quad}{2} + \frac{\quad}{9} + \frac{\quad}{16} = \frac{\quad}{\text{social influence}}$$

$$\frac{\quad}{3} + \frac{\quad}{10} + \frac{\quad}{17} = \frac{\quad}{\text{lack of energy}}$$

$$\frac{\quad}{4} + \frac{\quad}{11} + \frac{\quad}{18} = \frac{\quad}{\text{lack of willpower}}$$

$$\frac{\quad}{5} + \frac{\quad}{12} + \frac{\quad}{19} = \frac{\quad}{\text{fear of injury}}$$

$$\frac{\quad}{6} + \frac{\quad}{13} + \frac{\quad}{20} = \frac{\quad}{\text{lack of skill}}$$

$$\frac{\quad}{7} + \frac{\quad}{14} + \frac{\quad}{21} = \frac{\quad}{\text{lack of resources}}$$



Resources – Overcoming Physical Activity Barriers

Lack of Time	Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity
	Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc..
	Select activities requiring minimal time, such as walking, jogging, or stair climbing.
Social Influence	Explain your interest in physical activity to friends and family. Ask them to support your efforts.
	Invite friends and family members to exercise with you. Plan social activities involving exercise.
	Develop new friendships with physically active people. Join a fitness group at your local recreation centre or join a hiking club.
Lack of Energy	Schedule physical activity for times in the day or week when you feel energetic.
	Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.
Lack of Motivation	Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.
	Invite a friend to exercise with you on a regular basis and write it on both your calendars.
	Join an exercise group or class.



Resources – Overcoming Physical Activity Barriers

Fear of Injury	Learn how to warm up and cool down to prevent injury.
	Learn how to exercise appropriately considering our age, fitness level, skill level, and health status.
	Choose activities involving minimum risk.
Lack of Skill	Select activities requiring no new skills, such as walking, climbing stairs, or jogging.
	Take a class to develop new skills.
Lack of Resources	Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics.
	Identify inexpensive, convenient resources available in your community (community education programs, parks and recreation programs, worksite programs, etc.).
Weather Conditions	Develop a set of regular activities that are always available regardless of weather (indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games, etc.).
Travel	Put a jump rope in your suitcase and jump rope.
	Walk the halls and climb the stairs in hotels.
	Stay in places with swimming pools or exercise facilities.
	Get a membership to a local recreation facility.
	Visit the local shopping mall and walk for half an hour or more.
	Bring your mp3 player with your favourite aerobic exercise music.

Resources – Overcoming Physical Activity Barriers

Family Obligations	Trade babysitting time with a friend, neighbour, or family member who also has small children.
	Exercise with the kids-go for a walk together, play tag or other running games, get an aerobic dance or exercise tape for kids (there are several on the market) and exercise together. You can spend time together and still get your exercise.
	Jump rope, do calisthenics, ride a stationary bicycle, or use other home gymnasium equipment while the kids are busy playing or sleeping.
	Try to exercise when the kids are not around (e.g., during school hours or their nap time).
Retirement Years	Look upon your retirement as an opportunity to become more active instead of less. Spend more time gardening, walking the dog, and playing with your grandchildren. Children with short legs and grandparents with slower gaits are often great walking partners.
	Learn a new skill you've always been interested in, such as ballroom dancing, square dancing, or swimming.
	Now that you have the time, make regular physical activity a part of every day. Go for a walk every morning or every evening before dinner. Treat yourself to an exercycle and ride every day while reading a favourite book or magazine.





Pedometer Conversion Chart

STEPS	MILES	KM
500	0.25	.40
1,000	0.50	0.80
1,500	0.75	1.21
2,000	1.00	1.61
2,500	1.25	2.01
3,000	1.50	2.41
3,500	1.75	2.82
4,000	2.00	3.22
4,500	2.25	3.62
5,000	2.50	4.02
5,500	2.75	4.43
6,000	3.00	4.83
6,500	3.25	5.23
7,000	3.50	5.63
7,500	3.75	6.03
8,000	4.00	6.44
8,500	4.25	6.84
9,000	4.50	7.24
9,500	4.75	7.64
10,000	5	8.05
20,000	9.47	16.09





Distance Calculations



A good tool to determine the distance to a specific destination is a distance calculator.

A good distance calculator to use is www.mapcrow.info.

The calculation to convert steps walking to kilometres walked is as follows:

1. Tally the total number of individual or group steps
2. Divide by 10, 000
3. For miles: multiply by 5; for kilometres: multiply by 8

If a person walked 236, 542 steps:

1. Total steps = 236, 542
2. $236, 542 \div 10, 000$
3. 23.65×8

TOTAL KILOMETRES WALKED = 189





Acknowledgements



www.thewalksite.com/stretching.html

www.csep.ca/english/wiew.asp?x=698

www.cdc.gov/physicalactivity/everyone/getactive/barriers.html

www.mississauga.ca/file/COM/walkingbookENG.pdf

www.thestretchinghandbook.com/archives/stretching-walking.php

<http://vancouver.ca/parks/activecommunity/pdf/BCRPAAWalkLeaderHandbook-English.pdf>

