

# Put your heart into walking

It's easy, it's free, it's great  
for your heart



# Walk your way to health

Whatever your age, size or physical condition, you are likely to benefit from being more active. The people who can benefit the most are inactive people who start to take regular, moderate activity.

Walking is one of the best ways to get your dose of healthy activity: **just 30 minutes of walking spread throughout the day will help to keep your heart healthy and strengthen your muscles.** It's easy, and you can do it anywhere, at any time and either alone or with friends.

We've produced this walking guide with practical tips and a personal walking plan to help you succeed in living your life as actively as possible, for the rest of your life. It's especially important to stay active as you get older.

You can start to become more active simply by reducing the time you spend sitting and by fitting more walking into your daily life. If you're interested in other types of activities too, see our booklets *Get active*, *stay active* or *Be active for life*. Or, if you have a heart condition, see our booklet *Physical activity and your heart*. See page 66 on how to order these booklets.

**This guide does not replace the advice your health professionals may give you based on their knowledge of your condition.**

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## Keep your heart healthy – walk

Your heart pumps blood – containing oxygen and nutrients – around your body. The heart is a muscle and, like any muscle, it needs physical activity to keep it in good condition.

Physical activity doesn't have to mean exhausting runs, buying fancy equipment or joining an expensive health club.

**Regular walking can give your heart the workout it needs.**

Physical inactivity is a major health risk and is one of the main causes of death and disability in the developed countries of the world. Over one in every five cases of coronary heart disease in developed countries is due to physical inactivity.<sup>1</sup>



## What walking can do for you

Inactive people have almost double the risk of dying from coronary heart disease compared with active people.<sup>2</sup>

**Regular walking can help reduce your risk of coronary heart disease.** It can also reduce your risk of stroke, diabetes, obesity and osteoporosis (thinning of the bones).

### Walking can also help you to:

- feel better and look good
- increase your energy levels
- sleep better
- save money
- enjoy the environment
- increase your confidence and self-esteem
- reduce stress levels
- manage your weight, and
- make friends and enjoy yourself.

#### Did you know?

Coronary heart disease by itself is the most common cause of death in the UK. Around one in five men and one in seven women die from the disease.<sup>3</sup>

30 MINUTES

X

5 DAYS  
PER WEEK



## How much should I do?

To keep your heart, lungs, muscles and bones in good working order, you should do a total of **at least 30 minutes of at least moderate-intensity physical activity a day, on five or more days a week.**<sup>2</sup>

Moderate-intensity physical activity means working hard enough to make you breathe more heavily than normal and become slightly warmer, but not so hard that you are unable to talk and exercise at the same time, or that you become exhausted. **Brisk walking** is a good example of moderate-intensity activity that gives your heart the workout it needs.

I'm not as sporty as I used to be, but I usually take a walk in the park in my lunch break, and spending time with my three year-old granddaughter certainly keeps me on my toes.

Getting my 30 minutes isn't always easy, but I try to fit it into the day because it's very important, especially as I have high blood pressure. It's basic maintenance really – because if you don't use it now, you'll lose it later.

You'll sleep better, and enjoy your food more. And there's nothing like a good long walk to help you really relax at the end of the day.

*Bernadette Riley*  
*57, London*

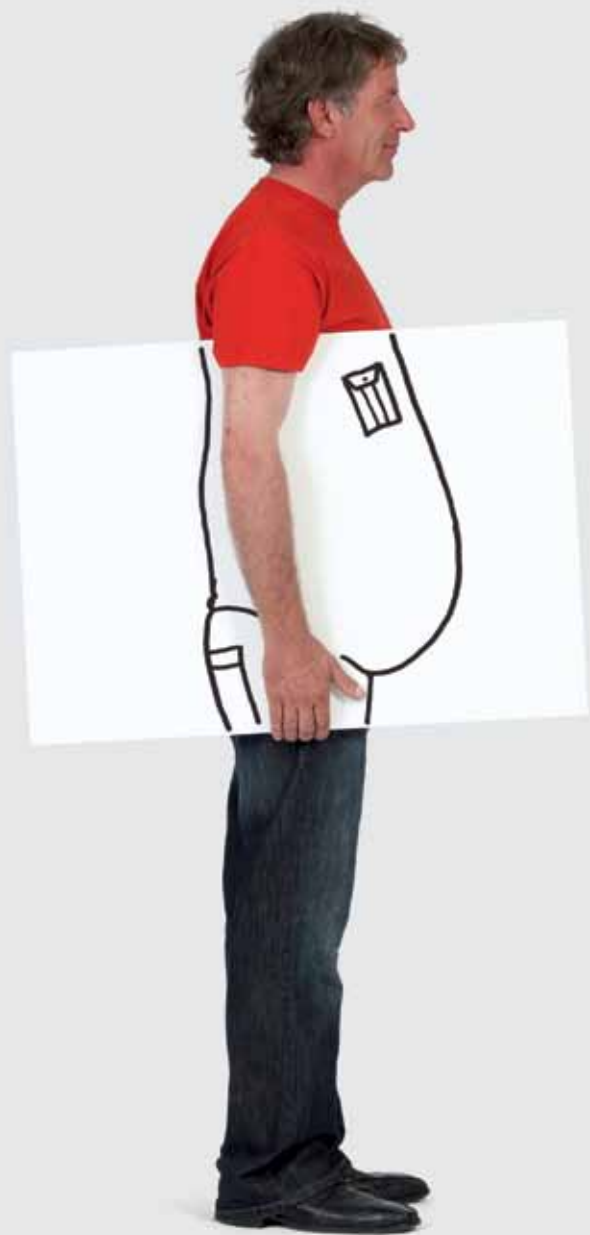
## If 30 minutes a day sounds a lot, don't worry

You can split the 30 minutes up into two bouts of 15 minutes, or three bouts of ten minutes. If you're not used to walking, start slowly and build up gradually. See page 19–27 for suggestions on how you can do this.

### Did you know?

For your heart to benefit from the activity you do, the activity needs to be continuous for at least ten minutes.





## If you want to manage your weight

Forty-three per cent of men and 32 per cent of women in England are now overweight, and an additional 24 per cent of men and 24 per cent of women are obese.<sup>4</sup>

Weight can creep on over the years. As we get older, we use less energy and we often become much less active. Being overweight – and in particular having lots of fat around your middle – greatly increases your risk of:

- developing coronary heart disease
- having a stroke
- developing type 2 diabetes.

It can also lead to problems with the bones and muscles – such as osteoarthritis and low back pain – all of which make it more difficult to remain active.



The most effective way to manage your weight is to combine regular physical activity with healthy eating habits. You're unlikely to lose weight successfully in the long term just by reducing calories. And doing more physical activity will not only help you lose weight but also has lots of other benefits for your health.

It's never too late to try to lose weight or to keep weight gain at bay. **If you would like to lose weight, or maintain the weight loss you have achieved, aim to do more than 30 minutes walking a day.** If this seems like a lot, gradually build up the amount you do and try to fit more activity into your daily routine.

The more walking you do, the more success you will have in losing weight or maintaining your current weight. See page 21–25 for ideas on how to get started slowly and how to build up gradually. See page 66 for more information on losing weight and healthy eating.

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**If you are very overweight, you should talk to your doctor before you start.**





## How much walking do I do?

Think about how much **brisk walking** you did each day over the last week. Try to remember what you did at different times of the day – morning, lunchtime, afternoon and evening and how long you spent walking each time.

### Did you know?

Nearly eight out of ten adults in England believe they are active enough to benefit their health, but the truth is only about four out of ten men and three out of ten women are active enough.<sup>5</sup>

## Walking diary

Use the Walking diary below to find out how much walking you currently do. Only write down any times when you were walking **continuously** for ten minutes or more.

Day	<b>Brisk walking</b> Walking hard enough to make you breathe more heavily than normal and become slightly warmer	Time (in minutes) spent brisk walking	Total time (in minutes) spent brisk walking
Example	WALKED WITH THE KIDS TO SCHOOL WALKED TO THE LOCAL SHOP WALKED BACK FROM THE LOCAL SHOP	16 11 11	38 
Mon			
Tue			
Wed			

Thur			
Fri			
Sat			
Sun			
<b>Total number of days with at least 30 minutes brisk walking a day</b>			

### Are you doing enough?

Look at your results. Have you achieved the target of at least 30 minutes brisk walking a day on at least five days a week?

**Yes?** Well done. Go to page 49 to take the next step.

**No?** Turn the page and put your best foot forward to try to build more walking into your day.

**Other moderate-intensity activities – such as swimming, going to the gym or playing a sport – are also beneficial to your health. See our booklets *Get active, stay active* or *Be active for life* on page 66 if you prefer doing activities other than walking.**



STROLL   
RAMBLE   
HIKE   
TREK

## Taking the first step

The first step towards being more active is the most important one. Don't be over-ambitious. Just set yourself small **achievable goals** to start with. Read on to find out how to start slowly and build up gradually with tips to get you started.





## Start slowly

If you're not used to walking 30 minutes a day, **start slowly and at a level that suits you.**

**Below are some examples of simple changes you could make to get into a healthy habit:**

- Get off the bus a stop earlier and then walk.
- Walk up the stairs. If you're going up or down fewer than three flights, walk instead of using the lift, or walk up or down the escalator.
- Reduce the time you spend sitting down. Get up and move around during television advert breaks.





## Build up gradually

Once you're used to taking the stairs and reducing the time you spend sitting down, it's time to gradually build up your activity. **Vary the time you spend walking and how often you go for a walk.**

For example, you could start by walking for five minutes, three times a day, on three days a week. Walk at a slightly faster pace than usual, without it being uncomfortable. As you get fitter, you'll be able to do more.

After a few weeks, you can gradually increase your walking, by adding a few more minutes to each walk and going out for a walk on more days of the week.

**You should aim to build up to doing brisk walking for at least 30 minutes a day, in bouts of ten minutes or more, on at least five days a week.**

### Did you know?

Regular, moderate-intensity activity is better than occasional bursts of vigorous activity.

## Build more walking into your daily routine

If you're not used to walking every day, look into ways of building walking into your daily life. It's easier than you think. Here are some suggestions.



## Tips to get you started

- Walk to your local shop instead of taking the car or the bus.
- Build a walk into your journey to work. Try different routes to add variety.
- Make walking part of your social life. Go for a walk at lunchtime with colleagues instead of staying at work. Walk to the cinema or library, or walk round to see friends.
- Plan a walk with a friend instead of just meeting for a chat. Keeping each other company can keep you both motivated. Arrange regular walks so that they become a habit.
- Involve the whole family so you can support each other. Walking is good for children too, and a great way of exploring your local area or the countryside.
- Walk the children to school and save the expense of driving or going on the bus.
- Try letting something go. Are there any low-priority 'in-activities' that you can stop doing to make time for your health?



## Take care – be safe

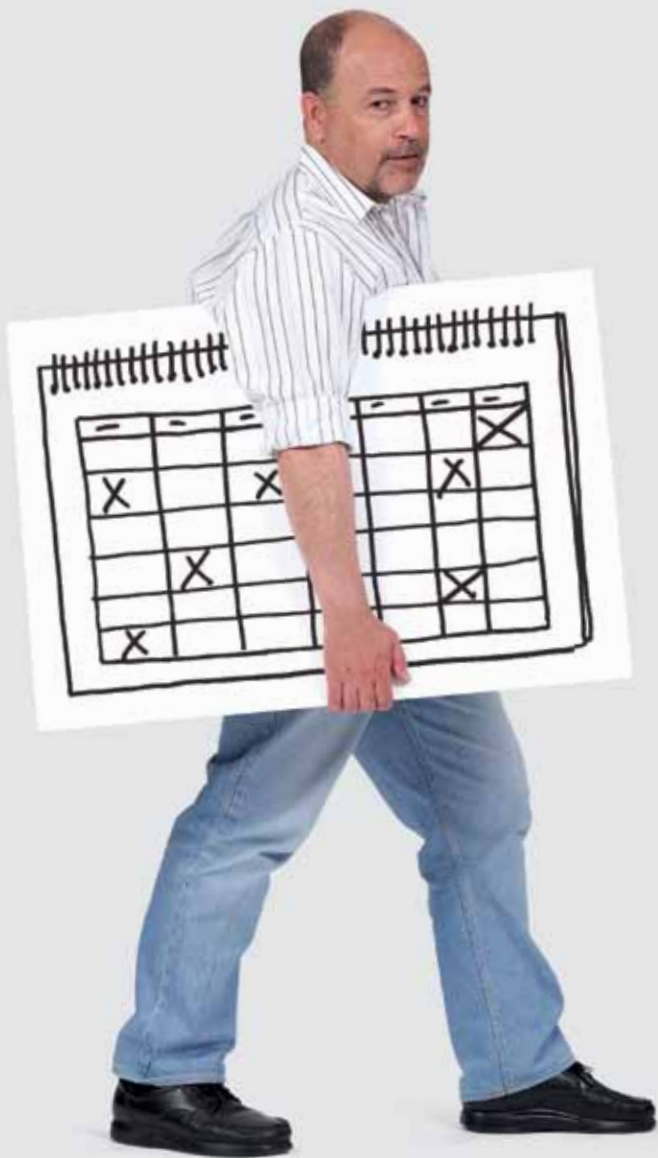
You will want to make sure that your first steps are safe and enjoyable.

### Here's how you can achieve this:

- Stop exercising if you feel pain, discomfort or dizziness, or if you feel unwell or very tired, and get advice from your doctor.
- Choose comfortable, supportive shoes, such as running, walking, or cross-training shoes.
- Practise correct posture – head upright, arms bent at the elbow and swinging as you stride.
- If you're going for a longer walk, start slowly for the first few minutes and build up gradually. At the end, spend some time slowing down gradually.
- Drink plenty of water before, during and after your walk, to keep your body hydrated.
- Tell others if you are walking alone and take a mobile phone with you in case of emergencies.
- Walk in well-lit areas where it is fairly busy.
- Be careful of traffic and wear reflective clothing in the dark.

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**If you have any health condition or are taking medicine, check with your doctor before doing any new activity. Or, if you have any concerns about your health or fitness, talk to your GP first.**



## My personal walking plan

Think about how you could **build more walking into your day** to achieve the target of at least 30 minutes of brisk walking on at least five days a week. See the examples on page 24.

Write some realistic goals for yourself on the next page. Make sure your goals are measurable. For example, it's better to say 'I'll walk to the shop to get a newspaper on Saturday and Sunday instead of taking the car,' rather than 'I'll walk to the shop more often.'

30 MINUTES X 5 DAYS PER WEEK

  
SOMETHING  
TO AIM FOR.





# My goals



**What I will do to build more walking into my day:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Think of something to reward yourself with, once you've achieved your goals.

**I'll reward myself with:** \_\_\_\_\_

**Today's date is:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Mark a date two weeks from today on your calendar or in your diary. Then come back to this page and tick which goals you've achieved.

## How are you doing so far?

**If you've achieved your personal goals:**

Well done. Now's the time to set some new targets on page 33.

**If you haven't achieved your personal goals, don't worry. You can find out why and set some new goals for the next two weeks. Visit:**

- page 19–23 to see if your goals were over-ambitious
- page 5 to see what walking can do for you
- page 24 for tips to build more walking into your daily routine
- page 33 to set yourself some new goals

### Try a weekend walk

People are generally less active at weekends. Try to find time for a good walk on either Saturday or Sunday, preferably on both days

Before we moved to the city, I drove to work like everyone else, but in London it doesn't make sense to have a car. Now I have a half-hour walk to work, usually carrying my laptop and work files. It's good to be outside rather than stuck on the tube.

No more driving to the shops either – we walk there and come back laden with heavy bags, which adds to the exercise. It's obvious really – there are lots of opportunities to walk more every day.

I feel much better, and fitter, now. If you can forget the car and start walking instead – even for just some of your journeys – it's well worth it.

*Willem Roeland  
34, London*

# Set some new goals for the next two weeks



**What I will do to build more walking into my day:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Think of something to reward yourself with, once you've achieved your goals.

**I'll reward myself with:** \_\_\_\_\_

**Today's date is:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Mark a date two weeks from today on your calendar or in your diary. Then come back to this page and tick which goals you've achieved.

**Now you are getting used to doing more walking each day, it's time to build towards the target of 30 minutes of brisk walking a day. You can:**

- count your daily steps as you take the pedometer challenge on page 35, or
- join a local walking group. See page 51 for suggestions.



Quote by John Heywood, sixteenth-century English poet.

# Take the pedometer challenge

One way of helping you to achieve the recommended 30 minutes a day is to aim to take **10,000 steps a day**. On average, people only take between 3,000 and 5,000 steps a day.

Why not take a step in the right direction and challenge yourself to build up to walking 10,000 steps a day? You can use **a pedometer** to count the number of steps you take each day.

## Did you know?

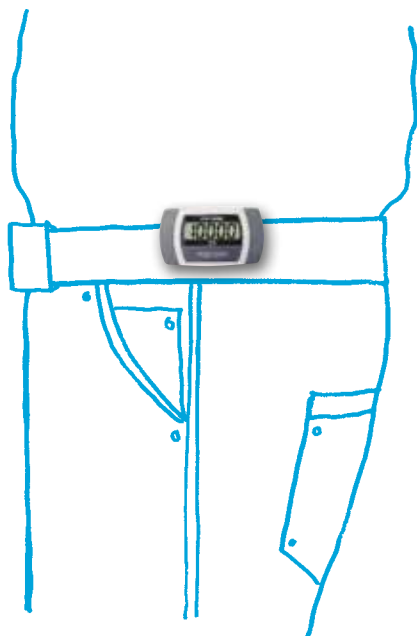
A person who walks 10,000 steps a day burns between 1,750 and 2,450 extra calories a week (about 250 to 350 calories a day), compared with the average person who takes between 3,000 and 5,000 steps a day. This is the energy equivalent of gaining or losing half a pound (0.25 kilo) each week. Why not treat yourself to a pedometer to see how many steps you walk in a day? See if you can add steps to your day to help you lose weight.



## Three simple steps to start

A pedometer is fun, and easy to use. It's a small device that you clip onto your waistband. Visit our online shop at [gifts.bhf.org.uk](https://www.gifts.bhf.org.uk) to buy your own pedometer. Set it at zero at the beginning of the day, and at the end of the day it tells you how many steps you have taken.

**Follow the three simple steps below to reach your 10,000 steps goal\***



← CLIP ON YOUR  
WAISTBAND OR BELT  
AND GO!

\* 10,000 steps a day may not be a realistic goal for everyone. If you are very overweight or have other health problems, you may need to set a more appropriate goal. If you're not sure, talk to your doctor. For some people, the goal of 10,000 steps may be too low. If this is the case, try to add 500 steps every time you feel you need a new challenge. Or you can make your walks more challenging – for example, try to walk up hills, or walk faster, or walk with arm or leg weights.

## 1. Record a baseline

Using your pedometer, record how many steps you take each day for seven days. Write the total steps per day in the boxes below. This is your baseline week.

Baseline week	Steps per day
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>Weekly steps in total</b>	

## 2. Set your daily steps goal and your weekly steps goal

Look at the Baseline week box above. What's the highest number of steps you walked on any one day in your baseline week?

\_\_\_\_\_ This is your **daily steps goal**.

Multiply your daily steps goal by seven (days in a week):

\_\_\_\_\_ This is your **weekly steps goal**.

**Write this number in the pink box on the next page.**

## 3. Walk 10,000 steps a day

When you begin walking, to avoid feeling the strain of a new routine, start out slowly and build up gradually. Fill in the **Pedometer challenge record sheet** on the next page to see the progress you are making.

# Pedometer challenge record sheet

Use the record sheet below to **record your daily and weekly steps over four weeks** so you can see the progress you are making.

If you reach your goal, add another 500 steps or more to your daily steps goal.

Find out what other people are doing. Talk to your friends about walking, and work some walking into your social life.

	Date	Weekly steps goal
Week 1		
Week 2		
Week 3		
Week 4		

## Top tip

Set up a pedometer challenge at your workplace and get your colleagues into walking too. Visit our health at work website at [bhf.org.uk/healthatwork](https://www.bhf.org.uk/healthatwork) for tools to help set up your challenge.



## Start to record your steps...

	Week 1	Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly steps in total</b>		

	Week 3	Week 4
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly steps in total</b>		

**Don't forget to set your new weekly steps goal for Week 5 on page 40.**

# Ways to add steps to your day

Well done. You're half way through the pedometer challenge. Now **think creatively** to add steps to your day. Think of walking as a way to have fun, get jobs done and socialise with friends.

## Here are a few ideas to add steps to your day:

- Walk from the furthest end of the car park. If you're driving to a shop, restaurant, or your friend's house, park a bit away from them and walk the rest of the way.
- Go for a walk after your evening meal. Avoid sitting watching the television for long periods of time.
- Walk the long way to the shop.
- Walk the dog for an extra few minutes each day. (If you don't have a dog, go along with one of your neighbours when they walk their dog.)

## While you are at work, walk:

- to pass on a message to a colleague, instead of emailing or phoning
- to the furthest photocopier, bin or bathroom in the office
- to brainstorm ideas with colleagues
- at lunchtime to unwind and socialise and start your afternoon refreshed.

**Keep setting yourself new daily or weekly goals and you'll soon be walking 10,000 steps a day.**

	Date	Weekly steps goal
Week 5		
Week 6		
Week 7		
Week 8		

## Continue to record your steps...

	<b>Week 5</b>	<b>Week 6</b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly steps in total</b>		

	<b>Week 7</b>	<b>Week 8</b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Weekly steps in total</b>		

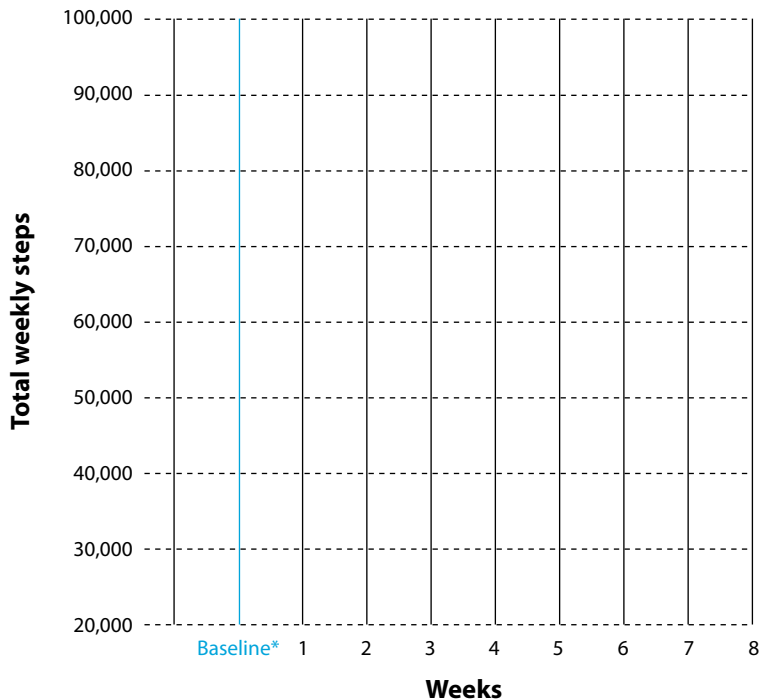


TO DO LIST...

WALK!

## Progress chart

Use the chart below to record your **total weekly steps**. See page 44 to find out if you are walking enough to benefit your heart health.



\*Look up the total number of steps in your baseline week on page 37.

## Do you walk enough to keep your heart healthy?

Use the walking diary below to find out if taking the pedometer challenge has helped you build up towards you 30 minutes of brisk walking a day.

**Write down how much walking you currently do.**

Only write down any times when you were walking continuously for ten minutes or more.

Day	<b>Brisk walking</b> Walking hard enough to make you breathe more heavily than normal and become slightly warmer	<b>Time (in minutes)</b> spent brisk walking	<b>Total time (in minutes)</b> spent brisk walking
Mon			
Tue			
Wed			

Thur			
Fri			
Sat			
Sun			
<b>Total number of days with at least 30 minutes brisk walking a day</b>			

### Are you doing enough?

Look at your results. Have you achieved the target of at least 30 minutes brisk walking a day on at least five days a week?

**Yes?** Well done. Go to page 49 to take the next step.

**No?** Don't give up. Compare these results with your results on page 17. Have you made any improvements? Keep trying to build more walking into your day. For tips to keep going see page 47. Why not join a walking group and enjoy the company of others on a regular basis? See page 51 for more information.

**Maybe walking doesn't do it for you.** If you prefer doing other activities than walking, order our booklet *Get active, stay active* or, if you are over 50, our booklet *Be active for life* (see page 66).





## Tips to keep you going

- Try to walk every day and build a healthy habit. Plan a time in your day when you will walk. Use your diary or calendar if it helps.
- Use reminders. Put a note where you will see it – by the front door, on the fridge or by the kettle – to remind you to do some walking. And keep your walking shoes by the door.
- If you're struggling for motivation, think of how walking makes you feel: fitter, energised, relaxed, self-confident, toned and happy.
- Don't give up. If you miss a day – just start again tomorrow. Your health is worth working for.

### Top tip

Children need to do at least 60 minutes of moderate-intensity activity a day. Make walking more interesting for them. Organise a quest or take them to the park for a picnic. Make sure you have regular breaks during the walk, and bring a ball or skipping rope or frisbee for them to play with during the breaks.





## Taking the next step

If you're already walking fairly regularly, perhaps you could try longer outings. Walking is not only a way to get from A to B or a way to take more steps a day. It can also be a very relaxing way to clear your mind, explore the countryside or inner city, or catch up with friends.

### Explore the UK by foot

Whether you prefer a short, medium or long walk, along the beach or the riverside, through the forest, or over the hills, the UK has a lot to offer. **Read the suggestions on the following pages**, visit your local library to get some ideas or use the internet to find walks in your local area that meet your needs. See page 65 for useful websites and walk finders.



## Join a local walking group


How about walking with a group on a regular basis? You'll be surprised to find out how many group-led walks you can do in your local area. **Why not join one of the walking organisations listed below?**

### Walking for Health

Natural England's Walking for Health (WfH) encourages people, particularly those who take little exercise, to take part in regular short walks in the local natural spaces of their own communities. It currently supports almost 600 local health walk schemes and has over 35,000 regular walkers every week. If you would like to join a local walking scheme, train as a walk leader, or maybe even set up your own scheme, contact WfH on **0300 060 2287** or visit **[www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)**. The website includes a Walk Finder – just put in your postcode and it will tell you where your nearest WfH scheme is. Why not give it a try?

### What are you waiting for?

Moira Halstead from Walking for Health says: *"Health walks are a perfect way to combine physical activity with nature. They're sociable and, best of all, they're free."* Britain has over 225,000 kilometres (about 140,000 miles) of public rights of way winding their way through towns and countryside, so why not grab your shoes and get out there?



I was an active hill walker until I had a heart attack 28 years ago. When I was recovering, my doctor recommended I started exercising again. Although I had to take it gently to begin with, it wasn't long before I got back up to speed.

Now, twice a week, I lead a group on anything up to a 12-mile walk, depending on who turns up and how fit they are. I think it's especially important as you get older. You're best off walking with a group. We all feel great doing it, and the social side is great too.

*Joe Barker*  
*82, Inverness*

## Let's Walk Cymru

Let's Walk Cymru is Wales's national walking programme led by the Sports Council for Wales and supported by the Welsh Assembly Government. The programme supports the development of walking opportunities and offers health walk leader training in Wales. For more information, visit **[www.lets-walk-cymru.org.uk](http://www.lets-walk-cymru.org.uk)** or call **02920 338357**.

## Paths for All

Supported by the Scottish Government, Scottish Natural Heritage and NHS Health Scotland, Paths for All is the national charity in Scotland promoting walking for health and the development of multi-use paths. Paths for All supports local projects in Scotland to promote walking in their communities through grant funding, training and sharing best practice. Community projects offer walks, led by trained volunteer walk leaders, aimed at those new to physical activity. Paths for All also offers resources to support walking at work. For more information, go to **[www.pathsforall.org.uk](http://www.pathsforall.org.uk)** or call **01259 218 855**.





# Rambling

Rambling is the term for walking in the countryside, but it doesn't need to involve a backpack and hiking boots unless you want it to. You can go on your own to clear your mind, or with family or friends to socialise.

## The Ramblers

The Ramblers – Britain's biggest walking charity – aims to promote walking and improve conditions for all walkers. Over 500 local Ramblers groups – in England, Scotland and Wales – offer hundreds of led walks each week – short or long, easy or difficult. Most local groups welcome all walkers. Some organise walks for people with young children, or people in their 20s-30s, or in their 40s. You can try a walk for free. To find a Ramblers' led walk near you, visit **[www.ramblers.org.uk](http://www.ramblers.org.uk)** and use the Group Walks Finder, or call **020 7339 8500**.



### Did you know?

The Ramblers also runs Get Walking Keep Walking, which organises a free 12-week walking programme in five inner-city areas – Birmingham, South and East London, Manchester and Sheffield – for people who aren't especially active at the moment and would like to do more. For more information, visit **[www.getwalking.org.uk](http://www.getwalking.org.uk)**



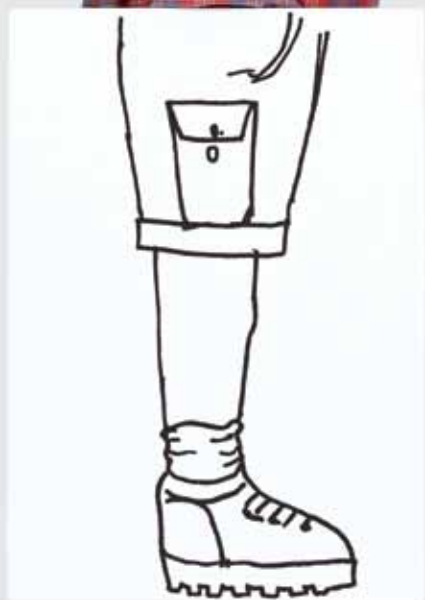
## Nordic walking

Nordic walking is more energetic than ordinary walking. As you walk, you use poles that help you propel yourself along in a particular way that uses your upper body as well as your legs. It's an excellent way to keep fit and **is suitable for people of all fitness levels** including people just getting started on a fitness programme.

You can learn the correct Nordic walking techniques from a qualified Nordic Walking instructor. To find a class or instructor near you, call **0848 260 9339** or visit **[nordicwalking.co.uk/find](http://nordicwalking.co.uk/find)**.

### Nordic walk for heart health

If you're interested in taking part in a sponsored Nordic Walk for the BHF, or would like to come along to an event and see why Nordic walking is so good for heart health, please get in touch today. Call **01892 893918** or email **[bhfnw@aol.com](mailto:bhfnw@aol.com)**



# Orienteering

For everyone who loves the outdoors and a mental challenge, orienteering is the perfect sport.

**Orienteering adds a new dimension to your walks:** your navigation skills will be tested as you try to get from one point to another. You need to navigate in sequence between control points, which are marked on a specially drawn map. You can do it for fun or competitively.

## British Orienteering

British Orienteering organises lots of orienteering events throughout the UK, which take place anywhere from remote forests and countryside to urban parks and school playgrounds. Most events are suitable for families, and at some events even your dog is welcome to join in. There are also 350 permanent orienteering courses across the UK, mostly based in parks. The maps for these courses are usually on sale at the visitors' centre and you can go round the course at your leisure. For more information on orienteering, visit **[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)** or call **01629 734042**.

## Map reading

Do you need to brush up on your map reading and navigational skills? Ordnance Survey provides online maps and map reading tips. Visit **[www.ordnancesurvey.co.uk](http://www.ordnancesurvey.co.uk)** or call **08456 050505**.

### Did you know?

Trail orienteering courses are also suitable for people with restricted mobility, or who use a wheelchair or walking sticks. Visit **[www.trailo.org](http://www.trailo.org)** or call **01629 734042** for more information.

“

The BHF Inca Trek to Machu Picchu was a once in a lifetime challenge. My boyfriend and I did lots of walking to get in shape for our adventure, building up from five to 13 miles a day over six months.

After the fantastic experience of the trek (and a bit of a rest), we found we'd got the walking bug. Being out in the fresh air and beautiful countryside together is really exhilarating. I'm so much happier and healthier now.

Walking is wonderful – it makes you look good on the outside, and feel good on the inside too.

”

*Teri Laskowski*  
24, Inverness

## Walk with the BHF – have fun, get fit and save lives

Make a lifestyle change and use the preparations for an event as a positive step towards looking after your own heart, while raising funds for heart research.

Bring us a step closer to beating heart disease and **take part in a fundraising event**. We have a wide range of fundraising walks and hikes to suit walkers of all ages and abilities, from gentle strolls through beautiful parkland to tough hikes up the highest mountains.



## Walks and hikes in the UK

Our walking and hiking events offer you the opportunity to take a gentle stroll in one of many beautiful venues, or put on your hiking boots to tackle a more challenging terrain and longer distance within the UK.

**Do the Windsor Walk:** enjoy spectacular views of Windsor Castle in one of the UK's most beautiful parks. Or join us on the **Yorkshire Three Peaks:** a 25-mile hike scaling three of the highest peaks in Yorkshire.

## Overseas treks

Our World Experiences offer you the opportunity to have the adventure of a lifetime, enhanced by the knowledge that you are helping people affected by heart disease today and in the future.

For example, experience rich Eastern culture on a fascinating and challenging trek along the **Great Wall of China** – a journey steeped in over 2,000 years of history, mythology and ancient traditions.

Or, join us in an incredible experience of a lifetime and trek to the 'Roof of Africa': **Mount Kilimanjaro**. You will trek through cultivated farmlands and lush rainforest, and pass through the cloud level and across barren landscape to the snow-capped twin summits.

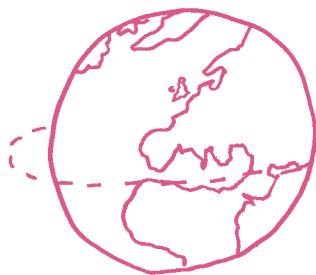


## Don't just sit there – act now

Visit our website [bhf.org.uk/events](https://www.bhf.org.uk/events) for more information on all our walks and hikes in the UK, and all overseas treks. Find a walking event that suits you – get involved today and help us beat heart disease.

If you'd like to organise your own sponsored walk, call your local BHF office on **0845 130 8663** or visit our website at [bhf.org.uk/getinvolved](https://www.bhf.org.uk/getinvolved)

Adventurer and television presenter, Bear Grylls, is a huge fan of BHF World Experiences and says: *"Heart disease has affected my family. I lost my dad to it. Anything I can do to raise awareness and support the British Heart Foundation's World Experiences gets my thumbs up. We each get one life and life is for living."*



IT WOULD TAKE  
APPROXIMATELY  
49,800,000 STEPS  
TO WALK AROUND  
THE WORLD.



# Useful contacts

## British Orienteering

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)  
Phone: 01629 734042

## Get Walking, Keep Walking

[www.getwalking.org.uk](http://www.getwalking.org.uk)  
Phone: 020 7339 8500

## Let's Walk Cymru

[www.lets-walk-cymru.org.uk](http://www.lets-walk-cymru.org.uk)  
Phone: 02920 338357

## Nordic Walking UK

[www.nordicwalking.co.uk](http://www.nordicwalking.co.uk)  
Phone: 0845 260 9339

## Ordnance Survey

[www.ordnancesurvey.co.uk](http://www.ordnancesurvey.co.uk)  
Phone: 08456 050505  
For online maps and map-reading tips.

## Paths for all

[www.pathsforall.org.uk](http://www.pathsforall.org.uk)  
Phone: 01259 218 855

## Ramblers

[www.ramblers.org.uk](http://www.ramblers.org.uk)  
Phone: 020 7339 8500

## Trail Orienteering

[www.trailo.org](http://www.trailo.org)  
Phone: 01629 734042

## Walking the Way to Health Initiative

[www.whi.org.uk](http://www.whi.org.uk)  
Phone 0300 060 2287

## Walking Women

[www.walkingwomen.com](http://www.walkingwomen.com)  
Phone: 08456 445335  
Walking weekends and holidays for women.

## Walk Northern Ireland

[www.walkni.com](http://www.walkni.com)  
Phone: 028 9030 3930

## Walk Finders

### For group-led walks in England

[www.whi.org.uk/walkfinder](http://www.whi.org.uk/walkfinder)

### For group-led walks in England, Scotland and Wales

[www.ramblers.org.uk](http://www.ramblers.org.uk)  
Go to button 'Walks finder'

### For walks in Scotland

[www.walkhighlands.co.uk/#walks](http://www.walkhighlands.co.uk/#walks)

### For walks in Northern Ireland

[www.walkni.com/search.aspx](http://www.walkni.com/search.aspx)

### For very long walks in England, Scotland and Wales

[www.visitbritain.co.uk](http://www.visitbritain.co.uk)  
Go to the 'See and do' section and select 'walking'.

# How the British Heart Foundation can help you

We are the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change, and providing vital information.

**You might find some of the following resources helpful:**

## **Booklets**

### **Our heart health catalogue**

For you, for family and friends, for health professionals

### **Get active, stay active**

Enjoy being active and keep your heart healthy

### **Be active for life**

Over 50? Keep your heart healthy with physical activity

### **Physical activity and your heart**

For people who have a heart condition or are at risk of developing heart disease

### **Take control of your weight**

Safe ways to lose weight for heart health

### **Eating well**

How to keep food fun and good for your heart

### **Cut down on salt**

It's easy to do and good for your heart

### **Stop smoking**

How to quit for a healthy heart

## DVD

### Risking it

This DVD follows five ordinary people, all of whom have one or more risk factors for coronary heart disease. They have decided to start taking responsibility for their health and take positive action.

**For information on other BHF booklets and DVDs ask for a copy of *Our heart health catalogue*.**

### How to order our resources

To order any of our booklets or DVDs:

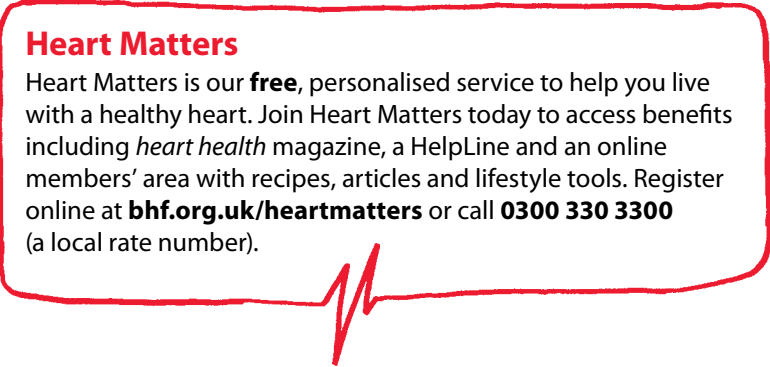
- call the BHF Orderline on **0870 600 6566**
- email **orderline@bhf.org.uk**
- visit **bhf.org.uk/publications**

You can also download many of our publications from our website.

Our booklets are free of charge, but we would welcome a donation so we can continue our vital work. (Turn the page to see how you can make a donation.)

### Heart Matters

Heart Matters is our **free**, personalised service to help you live with a healthy heart. Join Heart Matters today to access benefits including *heart health* magazine, a HelpLine and an online members' area with recipes, articles and lifestyle tools. Register online at **bhf.org.uk/heartmatters** or call **0300 330 3300** (a local rate number).



# We need your help... to continue our life-saving work

As a charity we rely on the generosity of people like you to fund our vital work. Thousands of people with heart disease turn to us for help every year and even more will need us in the future. **We want to be there for them.**

**Please donate today and together we can beat heart disease for good.**

**If you would like to make a donation:**

- please call our donation hotline on **0300 330 3322**,
- contact us through our website at **bhf.org.uk/donate**
- or fill in the form on the next page and post it to us at the address on the back cover.

## **Other ways you can help**

**There are many other ways you can play a crucial role in our efforts to beat heart disease:**

- Become a volunteer and help run our shops, events or services for local communities. To find out more, call **0845 130 8663** or visit **bhf.org.uk/volunteer**
- Have fun on a sponsored run, bike ride or walk. For more on this, call **0844 477 1181** or visit **bhf.org.uk/events**
- Join our *Heartstart* initiative and learn to save lives with the skills of emergency life support. Over 2.3 million people already have. For more information contact **heartstart@bhf.org.uk**
- Donate goods to your local BHF shop. To find out where your nearest BHF shop is, call **0844 412 5000**.
- Give in celebration by offering your party guests the chance to donate to us instead of buying gifts, for example for your wedding anniversary or birthday. Visit **bhf.org.uk/celebrate** for more information.

**Thank you.**



## Your support will help us prevent early deaths

Here is my gift to help more people recover from

heart problems £10  £15  £20  Other £

**Please make your cheque / postal order/ CAF voucher payable to the British Heart Foundation.**

Title (Mr/Mrs/Miss/Other)  First name  Surname

Address

Postcode

Email

We would like to keep in touch with you, to let you know your support has made a difference. By supplying your email address you agree that the BHF may use this to contact you about our work.

**OR please debit the above sum from my:**

AMEX  CAF Card  MasterCard  Visa / Delta  Maestro

Card number                      (Maestro only)

Valid from   /   Expiry date   /   Issue no

(Maestro only)

Signature  Date   /   /

Please tick here if you do not wish the British Heart Foundation to contact you. (MP0059)

From time to time we allow other similar organisations to write to our supporters. If you do not wish to be contacted by them, please tick here. (MP0060)

The British Heart Foundation is the nation's heart charity, registered in England and Wales (225971) and in Scotland (SC039426).

*giftaid it*

**Make your gift worth almost a third more – at no extra cost to you!**

**Are you a UK taxpayer?**

If you are a UK taxpayer please **tick the first box** so we can claim back up to **28p** for every **£1** you give **at no extra cost to you.**

GA1  **Yes**, I am a UK taxpayer and would like the BHF to reclaim the tax on any of the donations I have made in the last six years and any future donations I may make.\*

Date

GA2  **No**, I am not a UK taxpayer.

\* To qualify for Gift Aid, you must pay an amount of UK Income Tax and/ or Capital Gains Tax at least equal to the tax that the BHF will reclaim on your donations in the appropriate tax year. Your donation must be of your own money and cannot be a collection.



**Please send this form to:**

**British Heart Foundation**

Greater London House  
180 Hampstead Road  
London NW1 7AW

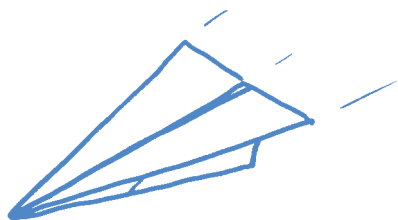
**Thank you.**





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2. Department of Health. 2004. At Least Five a Week. Evidence on the Impact of Physical Activity and its Relationship to Health. A Report from the Chief Medical Officer. London: Department of Health.
3. Accessed from the British Heart Foundation statistics website at [www.heartstats.org/datapage.asp?id=713](http://www.heartstats.org/datapage.asp?id=713)
4. Accessed from the British Heart Foundation statistics website at [www.heartstats.org/datapage.asp?id=1010](http://www.heartstats.org/datapage.asp?id=1010)
5. The Information Centre. 2008. Health Survey for England 2006: CVD and Risk Factors Adults, Obesity and Risk Factors Children. Leeds: The Information Centre. Accessed from: <http://www.ic.nhs.uk/pubs/HSE06CVDandriskfactors>



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## Have your say

We would welcome your comments to help us produce the best information for you. Why not let us know what you think? Contact us through our website at **bhf.org.uk/contact**. Or, write to us at the address on the back cover.

## Kids and Schools

### Do you want the kids in your family to be more active and eat healthier?

Help them make some changes now by encouraging them to visit the following websites:

#### **cbhf.net**

a website for 7-11 year olds

#### **yheart.net** and **yoobot.co.uk**

websites for 12-19 year olds

### Do any of the teenagers in your family have a heart condition?

Visit **yheart.net/meet**

You can also order resources from our Kids' and schools' catalogue: visit **bhf.org.uk/publications**, call **0870 600 6566**, or email **orderline@bhf.org.uk**



# BEATING HEART DISEASE TOGETHER



**British Heart Foundation**

Greater London House  
180 Hampstead Road  
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Fax: 020 7554 0100  
Website: [bhf.org.uk](http://bhf.org.uk)

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