



HAPPY CITY WALK LEADERS' LEAFLET NO.6

Step up for happiness

THEME **be Active**

This walk is about finding small ways to be a little more **active** as your walk.

Regular physical **activity** brings a greater sense of well-being and lower rates of depression and anxiety across all age groups. It can help prevent AND treat low wellbeing.

Increased levels of **activity** can make you 'feel good' – physically and emotionally. Boosting confidence, and helping grow sense of control in your life.

The really good news is that you start gaining wellbeing benefits from even SMALL increases in your **activity** levels.

So just a few minutes of stretching or striding out can bring you wellbeing in body and mind.





5 WAYS TO WELLBEING

Preparing for the walk

Choose which of the options will work best for your group. Pick a few of the activities to try out, and which points in the walk to try them out. If you decide to use a ball or frisbee, make sure you have it with you.

Introducing the walk

Introduce the theme of the walk (**be Active**) to everyone and tell them **we are going to find small ways to increase the level of activity as we walk. Encourage people to have fun and enjoy the benefits it brings to their bodies AND minds!**

Explain how the activity will work to the group.



The bite-sized version

If you don't have time for a full **Activity** walk, or you feel it's not right for your group, just try, when you come to a park or an open space, to encourage walkers to take the opportunity to stretch out, speed up or have a shake out.

The walk & talk activity

Mexican wave... At intervals during the walk, the leader at the front of the group models one of the following. Each person behind them copies their move until the activity has 'rippled' to the back of the group!

- ♥ Really stride out
- ♥ Stretch up, down or out
- ♥ Take **REALLY** deep breaths
- ♥ Swing your arms
- ♥ Alternate walking fast & slow
- ♥ Shake out parts of your body
- ♥ Twist your body or your head to the left & right
- ♥ Lean with your hands against a tree or wall and do a standing press up!
- ♥ Touch your head/knees/toes (depending on the fitness level of the group!)

Alternative for different groups...

Active together...

When you reach an open space, pause the group and invite people to throw a ball or frisbee around, in pairs or the wider group.

What's YOUR walk?

Invite people, as they walk, to try out a new walk style – long strides, kicking up, wobbly knees...? What's YOUR walk?!!



5 WAYS TO WELLBEING

After the walk

If your group has a coffee or chat after the walk, you can use this time to encourage everyone to keep being active during the week.

What small ways could they increase the activity levels of their everyday lives?

Please send your feedback forms, plus any great ideas, wellbeing tips, questions or highlights from the walk or the conversations afterwards, to Happy City. They will help us improve the resources and we will share them with other walk leaders around the UK.

