

Hello All!

We hope you are well.

Some good news to share..... Brian our walk leader at Queens Park won the Glasgow Life Volunteer Survey Prize Draw- huge congratulations Brian! Enjoy spending your vouchers and thank you to everyone who took the time to complete the survey. Glasgow Life will share the results with us shortly.

Please see below this week's updates...

Merchant City Festival presents Surge online

Bring a little festival magic into your home! **Saturday 4 July, 1pm - 12.30am**

This Saturday, The Merchant City Festival invites you to join them for an **ONLINE** extravaganza of theatre, circus, comedy and music - all for free. Drop in at any time - or join in for the whole day.

Visit the Merchant City Festival website for the full programme and for a live link on the day >

Paths for All e-news July 2020

Please see e-news from Paths for All, including Ian Findlay -Chief Officer's views on why walking should be at the heart of our 'new normal'. Also includes a great article on 'Next Bikes' more than 1300 located at nearly 200 bike stations will be available for free hire in the cities for the first 30 minutes of every journey.

<https://www.pathsforall.org.uk/news?category=0&month=6&year=2020>

Strength and Balance Animations

Paths for all have produced a handy 10minute animation to support their strength and balance leaflet. These simple exercises can also help you stay active and reduce the risk of fall. You can find the link to the full 10 minute video of the all S&B animations here: <https://vimeo.com/427635023>

COVID-19: Physical Activity Key Messages

Please see the latest messaging issued by Public Health Scotland. As you know this is an ever changing landscape and the information will be updated when required. Physical Activity: <http://www.paha.org.uk/Feature/covid-19-physical-activity-key-messages>

Action for Happiness- July 2020

The July calendar is available for download- as always some wonderful messages in there, with day 1 encouraging us all to "Be willing to ask for help when you need it today and always" Please follow link to access full calendar: <https://www.actionforhappiness.org/calendars>

19 Ways to Calm Racing Thoughts in a Minute or Less

It's time for bed but your brain won't stop whirring. What do you do?

We often talk about the longer-term habits and behaviour change that help us live happier, healthier, and more purposeful lives. But sometimes you need in-the-moment strategies for an infusion of calm.

Which of these will you try? To read the full article, full of hints and tips on how to calm the mind- please click here: <https://bit.ly/2ZAUqsy>

90-Year-Old Raises Over Half A Million For Charity By Climbing Up Her Stairs 282 Times

"Margaret Payne set out to relive her experience as a 15-year-old girl climbing Scotland's Suilven mountain. She calculated that the peak of Suilven is equivalent to 282 trips up the stairs in her home.

Margaret was inspired to climb for a cause after seeing Captain Tom Moore, the WWII vet who circled his garden with his walker for the NHS.

Read the full story here: <https://tanksgoodnews.com/2020/06/29/margaret-payne/>

Ted Talk of the week

Why you should define your fears instead of your goals- Tim Ferriss

The hard choices -- what we most fear doing, asking, saying -- are very often exactly what we need to do. How can we overcome self-paralysis and take action? Tim Ferriss encourages us to fully envision and write down our fears in detail, in a simple but powerful exercise he calls "fear-setting." Learn more about how this practice can help you thrive in high-stress environments and separate what you can control from what you cannot.

<https://bit.ly/2ZAQO9Z>

Recommended read of the week!

Big Friendship: How We Keep Each Other Close by Aminatou Sow and Ann Friedman.

The authors have made a name for themselves based on their frank and intimate conversations. In this book, they bring that energy to their own friendship—its joys and its pitfalls. They define "Big Friendship" as a strong, significant bond that transcends life phases, geographical locations, and emotional shifts. It is a call to action to value your friendships in all of their complexity.

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

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