

Hi Everyone!

We hope you are well.

August is National Wellness Month- *All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!*

For hints and tips on the small changes you can make to improve your well-being please click here: <https://bit.ly/30ymb7g>

Please see below this week's updates...

### **Altruistic August 2020**

*Altruism is vital for the human race to survive and thrive; and each of our lives is supported by countless kind acts from other people. Yet in our world today, so much is directing us to think only about ourselves - and we often forget the happiness that comes by caring for others. We want to change that.*

In line with National Wellness Month, action for happiness have created an Altruistic August calendar. The calendar highlights a variety of things we can do every day to help others which in return boosts our own well-being.

Please click here to access the calendar: <https://www.actionforhappiness.org/altruistic-august>

### **Paths For All's Chief Officer, Ian Findlay, Radio Interview**

Listen to this great interview on Radio Scotland with Ian extolling the benefits of Walking and spreading the message encouraging everyone to go for a walk every day.

<https://www.bbc.co.uk/sounds/play/m000l2dn> Scroll along to 32:10 for Ian's section. Great to get some positive coverage for walking!

### **Strava (Recommended from one of our health walk leaders)**

*Strava turns every iPhone and Android into a sophisticated running and cycling computer (and we work with your GPS watches and head units, too). Start Strava before an activity and you can track your favorite performance stats, and afterwards, dive deep into your data.*

The app says features for athletes made by athletes, but you don't have to be an athlete to use this app and benefit from the many features available. I know many people use their phone and other devices such as fit bit, but one of our wonderful walk leaders suggested this app and said it has been a great motivator during lockdown. The app is free to use – if you want to find out more please click here: <https://www.strava.com/features>

### **Only in Scotland: Why Scotland Needs You**

*The country you love needs you. Our countryside, hills and landscapes, awe-inspiring landmarks and coastal seascapes have missed you and have been waiting patiently for your return. Finally, it's time to start exploring our beautiful country again. Where will you start?*

Visit Scotland have created a lovely video showcasing Scotland and all it has to offer. To watch the video please click here: <https://youtu.be/h9bQwcndGfo>

## **7 Things You Should Do Before Bed to Have a Productive Morning**

*These are just a few things you can do to ensure you set yourself up for a good night's sleep.*

We all know there are things we can do to be productive when we wake up (i.e. coffee), but what about before we go to sleep? These are just a few things you can do to ensure you set yourself up for a good night's sleep to wake up feeling refreshed and ready to take on the day. To read the full article please click here: <https://bit.ly/31Pbhi>

### **Podcast of the week**

#### **Paths for all- Voices of the walk**

#### **Professor Nanette Nutrie – The “forgotten” strength and balance guidelines**

Nanette is a guru in physical activity circles and directs the Physical Activity Research Centre (PARC) at the University of Edinburgh, a global centre for excellence in the field of physical activity for health.

In this interesting podcast Nanette promotes the importance of strength and balance exercises for all. You can get some simple exercises at <https://vimeo.com/427635023>

To listen to this talk and many others please click here: <https://www.pathsforall.org.uk/podcasts>

### **Recommended read of the week!**

Remember, you can download books for free from Glasgow Libraries - <https://www.glasgowlife.org.uk/libraries/online-library>

#### **Atomic Habits- James Clear**

#### **Transform your life with tiny changes in behaviour starting *now*.**

People think when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions doing two push-ups a day, waking up five minutes early, or holding a single short phone call.

**He calls them atomic habits.**

In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes.

#### **Best Wishes**

**Heather, Michelle & Barry**

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