

Hi All

We hope this e-mail finds you well.

What a great week - we have been out meeting with walk leaders in preparation for next week's pilot walks! Many thanks to the volunteers who have come forward to be involved. We will be piloting walks at Knightswood, Barlanark, Victoria Park, Bellahouston (wed group) and Botanics (fri group) with small numbers of existing walkers who are booked on. Also, a big thank you to all the other volunteers who are keen to get their walks up and running again too. We will hope to be able to roll out the walks soon and will keep you posted on how things are progressing.

The response from walkers has been really positive and many people seem keen to get back to the health walks. Moving forward we will need to implement a booking system so, if anyone is interested in taking part in the walks. please ask them to contact us and we can take their details and let them know when their particular walk is restarting.

Please see below this week's updates.

Paths for All & Geographer Magazine

Paths for All guest edited a special edition of the Geographer Magazine focused on Walking and Wellbeing. This year's summer edition of Scotland's @The Geographer' magazine puts walking in the spotlight. To read the full article and access the online edition of the 'The Geographer' special edition' please visit <https://www.pathsforall.org.uk/news/news-post/the-geographer>

Steps for Sporting Memories

Reminisce and find out more about some of the United Kingdom's great athletes while you stay active.

Created in partnership with the Sporting Memories Foundation, a UK charity dedicated to bringing together older adults to talk about and remember sport and help tackle social isolation, along with providing social and physical activities.

A virtual walking route that stretches for 13.1 miles (or 30,731 steps). You decide how far you would like to walk and when, collecting medals as you go. Set out on your own or invite friends! Along the way, you will meet and learn more about some of our greatest names in athletics. To find out more please visit <https://worldwalking.org/walks/explore/emrzh>

Strength and Balance

Many people have reported to feeling deconditioned because of lockdown. With the restarting of our pilot walks, it might be a nice time to shine a light on the importance of strength and balance exercises along with walking. Paths for all have produced new animated versions of 8 of the exercises in the leaflet. They are available in short clips or a 10-minute run through of the full set. View the animations at <https://vimeo.com/pathsforall>

The Real Reason Hobbies Like Baking and Puzzles Calm Our Stress

One of the most challenging aspects of this pandemic is uncertainty. It's hard to envision an end, and not even the experts can provide concrete reassurance about when we will return to "normal." If indeed there will be a normal state of affairs resembling our lives before the [coronavirus](#). Left unchecked, this sense of uncertainty can negatively [impact](#) our mental and physical health, so it makes sense that we're seeing a surge of people [turning to pastimes](#) like baking and puzzles for comfort. To read the full article please visit: [https://thriveglobal.com/stories/hobbies-baking-puzzles-knitting-reduce-coronavirus-stress-joy-calm-control-crisis/?](https://thriveglobal.com/stories/hobbies-baking-puzzles-knitting-reduce-coronavirus-stress-joy-calm-control-crisis/)

Ted Talk of the week

12 Truths I learned from life and writing: Anne Lamott

A few days before she turned 61, writer Anne Lamott decided to write down everything she knew for sure. She dives into the nuances of being a human who lives in a confusing, beautiful, emotional world, offering her characteristic life-affirming wisdom and humor on family, writing, the meaning of God, death and more.

https://www.ted.com/talks/anne_lamott_12_truths_i_learned_from_life_and_writing?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Recommended Read of the week!

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

Almost Everything- Anne Lamott

"I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen," Anne Lamott admits at the beginning of *Almost Everything*. Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest--when we are, as she puts it, "doomed, stunned, exhausted, and over-caffeinated"--the seeds of rejuvenation are at hand. "All truth is paradox," Lamott writes, "and this turns out to be a reason for hope. If you arrive at a place in life that is miserable, it will change."

In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined.

Best Wishes

Heather, Michelle & Barry

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