

Hi All

We hope this email finds you well.

World Health Day was on the 7th of April. Each year marks the celebration, and aims to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization. *This [World Health Day](#), we're calling for action to eliminate health inequities, as part of a year-long global campaign to bring people together to build a fairer, healthier world.*

In recent years, countries in the Western Pacific have experienced rapid economic growth, migration and urbanization. This created opportunities for better lives for many, but left others behind. The COVID-19 pandemic has undercut recent health gains, pushed more people into poverty and food insecurity, and amplified gender, social and health inequities.

Let's do what we can to reduce social and health inequities. The walking programme is free and inclusive. Whilst numbers are limited at the moment; there are lots of other options for people to increase activity levels- let's start by sharing what we know with one person; be it local park walks, canal walks or other areas of interest. #Let's do what we can!

If you are looking for ideas please [click here](#) for the suggested 10 best walks in and around Glasgow. Please also visit the Good Move page for more activity options:
<https://www.glasgowlife.org.uk/communities/good-move>

Please see below this week's updates.

April is #StressAwarenessMonth

Founded in 1992, Stress Awareness Month is held every April to increase awareness about the causes of stress and cures for our modern stress epidemic.

We know for sure that walking has both physical and mental benefits, and walking in a group has added social benefits. Aside from walking there are lots of other things we can do to minimise the stress in our lives.

Please [click here](#) to find out a bit more about why being mindful of stress is important and some tips to help reduce your levels of stress.

'Paths for All' -Ditch the desk/chair for 1 minute

Our no sweat one minute movers will fit easily into your working day; sit less and move more.

Adding in a stroll at lunchtime, or having a walk and chat with a colleague on the phone are also good ways to build some active working into your day. Check out our other tips to [ditch the desk and walk the walk here](#).

Walk once a day info hub-For a boost to body and mind, walk once a day and connect to nature no matter where you live. Explore our tips and resources below to get started.

For full details please [click here](#)

The Glasgow Spring Clean

As the city begins to emerge from lockdown, join us for a unique opportunity to give Glasgow a much-needed (socially-distanced) Spring Clean on Saturday 10th April 2021.

There is a growing number of people across the city of Glasgow who feel motivated to tackle the city's historic litter problem. Many individuals have started litter-picking in their spare time, and many more want to get involved in helping improve their local area.

As the lockdown restrictions ease slowly, we have a unique opportunity to take part in a fun and co-ordinated litter-pick, helping to improve our community and make it as beautiful as possible in time for summer.

To see full details please [click here](#)

Do the WALK of LIFE

Just Go Walk: Studies Show Normal Walking Can Add Years to Your Life and Reduce Disease Symptoms

Walking can literally add years to your life, and incorporating walks after meals can improve all manner of chronic metabolic disorders.

Physical motion, not exercise in the traditional P.E. class sense, is the catalyst through which is born a strong, healthy body.

The science practically begs the reader to start moving around more, as it found the barest of minimums for participatory benefit. For example, the steps were not taken all at the same time, suggesting that on many occasion, the wearer of the pedometer was not even walking for exercise, but rather doing something like errands or chores.

To read the full article please [click here](#)

A Year of Grieving Our Losses and Celebrating Our Victories

The one takeaway we can all learn from the pandemic.

A year ago, the pandemic was thrown onto us like a thief lurking in the corner on our way to a happy afternoon stroll: unexpectedly, uninvited, robbing us of our joy, enthusiasm and sense of control. In fact, if the pandemic were a Netflix series, each one of us could write an episode filled with drama, emotions, frustration, bereavement and shock. And now, one year later, we find ourselves ironically more connected to each other than ever before, more aware of our humanity and our sameness than ever before.

We are more compassionate, more humble, and more resilient than we've ever been. All these things that spiritual teachers teach us, and people who seek enlightenment go out to mountain tops to find. We have learned lessons of awareness that people go to spiritual retreats to learn — lessons about love, acceptance, gratitude and connection to our center — the purification of the ego.

To read the full article please [click here](#)

Thought for the Day

“TODAY, I will choose LOVE, even when fear is trying to get my attention. TOMORROW I will repeat.”

**Heather, Michelle & Barry
The Good Move walking Team**

IF YOU NO LONGER WISH TO RECEIVE THIS EMAIL PLEASE REPLY TO THIS MESSAGE AND WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

www.goodmoveglasgow.com

www.facebook.com/goodmoveglasgow