

Hi All

We hope this email finds you well.

Another week of glorious weather ☺ we hope you have managed to get out and about and meet up with family and friends you have been unable to see ❤️

Earth Day 22nd of April

Restore Our Earth- The theme for this year's Earth Day is "*Restore **Our Earth***" which focuses on natural processes and emerging green technologies that can restore the world's ecosystems.



Please see this week's updates!

Woodlands Community Garden & Booklet - Wellbeing and Nature

Woodlands Community Garden has remained open during the pandemic and we have seen the benefits the garden has brought to its visitors and raised bedders in reducing their stress and isolation. During 2021 we will be running a programme of wellbeing activities and support services, that use nature and the outdoors, as a tool for helping people to recover from the pandemic. Join their facebook page to keep up to date. [Woodlands Slow Nature Walking Facebook group](#),

The group has also created a lovely Slow Nature Walking booklet with a route around the west end including wildlife you might see along the way. <https://www.woodlandscommunity.org.uk/nature>

[You can also download a PDF version of it here](#)

Paths for all update

Spring Path Days campaign – following on from our Walking With Nature campaign, [Spring Path Days](#) is our campaign for April helping families to have fun outdoors. The campaign touches on responsible access, microvolunteering and active travel as kids head back to school – all with a focus on enjoyment. Our [30 days of activities](#) will be helpful for parents too.

Visit Scotland: Getting Tourism Ready

Everyone encouraged to [#RespectProtectEnjoy](#) Scotland when travelling again.

With day visits to our wonderful urban and rural environments being the first steps back to normality for many communities. We need to continue to [#RespectProtectEnjoy](#) as not everyone will be pleased to see visitors back and please check ahead to see if places are already overcrowded before travelling. It's a mantra we keep hearing but simple things like taking litter home, keeping dogs on leads and moving on from busy beauty spots will help us all.

For full details please follow link: <https://www.visitscotland.org/news>

Walking workouts are great for heart, bone, and muscle health – and almost everyone can do it (Not that we need reminded!)

Pandemic restrictions have led many people to start walking more, often because they've had few other things to do or just as a way to get moving. Walking workouts have even become popular, with plenty of "challenges" and exercise videos to be found online.

Walking is good for you, there's not much doubt about this. As a way of adding physical activity into your life, it has many advantages. There's a very low barrier to entry, meaning almost everyone, regardless of age or ability, can start walking regularly as a form of exercise.

Walking has clear benefits on keeping our bodies functioning as we get older, improving cardiovascular health, helping lose fat mass and maintain muscle mass, and helping to maintain bone density as well. Walking outside is also associated with mental health benefits.

To read the full article please follow link: <https://theconversation.com.cdn.ampproject.org/c/s/theconversation.com/amp/walking-workouts-are-great-for-heart-bone-and-muscle-health-and-almost-everyone-can-do-it-158187>

We know our walks are limited at the moment due to capacity, but as always our themed walk programme is open to all. The themed walks are a great way to get out and see the city, enjoy the social side, while learning something new. Booking required!

How to Spring Forward With More Well-being

This season of renewal can be about more than spring cleaning.

Spring, of course, evokes spring cleaning and reorganizing. Nature and the world around us is opening back up, and we have the impulse to open up our homes, throw out what we've accumulated through the winter. But spring should be about more than just spring cleaning. It's also a valuable opportunity to throw open the blinds on our habits and routines and ask ourselves: Which ones aren't serving us anymore? What can be improved? And are there parts of our routines that need to be thrown out entirely?

Here are some ways that can help you spring forward into the new season with more joy, more motivation, and more well-being.

Get outside, Refresh your diet, Hydrate, Revamp your workspace, Renew your relationships, Reimagine time off and most important of all:

Remember you're human- *In our eagerness to say goodbye to a trying, difficult, and often very dark time, let's not forget what we've learned about humanity over the past year. When we're deciding what to leave behind or throw out, we should make sure we carry forward the lessons this time has taught us about the value of connection, vulnerability, empathy, kindness, self-care, and self-compassion — all those things we now know (if we didn't before) makes our world a better place.*

To read the full article please follow link: https://thriveglobal.com/stories/tips-spring-rebirth-renewal-well-being-mental-health-connection/?utm_source=Newsletter_General&utm_medium=Thrive

Thought for the Day



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