

Hi All

Welcome to May and National Walking Month! It's a bit chilly for May but Paths for All is encouraging everyone to wrap up, get out and enjoy your local paths, support local businesses and help the environment whilst boosting your mind and body. #WalkThisMay

Please see this week's updates!

Walk Leader Online Catch Up Meeting - Tue 11th May, 1.30 - 2.30pm (Reminder)

We would love to invite Walk Leaders to join us for our third online video catch up. The format will be very informal with a national walking update from our lovely colleague Nicole at 'Paths for All', a good blether, and a chance see other chat with other leaders! If interested- just grab a cuppa and join us on the 11th of May at 1.30pm - 2.30pm

To book in please email walking@glasgowlife.org.uk and we will send you a meeting link.

'Paths for All' National Walking Month- May 1st – 31st of May

It's been over a year since the first lockdown helped many of us find our love of walking again, with 61% of us saying we were walking more than before Covid-19.

As our communities open up again and life slowly begins to feel more normal, we're asking you to celebrate National Walking Month with us by Stepping Out of lockdown on foot and loving local walks this May.

Make a change for cleaner air- During the first lockdown, air pollution was cut by a third in Scotland. If we walk for short journeys rather than drive, we can make a real difference to air quality, congestion and community safety.

Take Living Streets' pledge to #WalkThisMay and find out how much CO2 you could save by swapping short car journeys to foot.

To read full update from paths for all, please [click here](#)

Mental Health Awareness Week -10-16th of May

'There is something to be wondered at in all of Nature' – Aristotle

Why Nature is the theme for this year.

Nature is so central to our psychological and emotional health, that it's almost impossible to realise good mental health for all without a greater connection to the natural world. For most of human history, we lived as part of nature. It is only in the last five generations that so many of us have lived and worked in a context that is largely separated from nature.

We will look at nature's unique ability to not only bring consolation in times of stress, but also increase our creativity, empathy and a sense of wonder. We will show that even small contacts with nature can reduce feelings of social isolation and be effective in protecting our mental health, and preventing distress. To read the full article, including a full week packed full of hints and tips on how to connect more with nature, and the benefits of doing so.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

“Increased PA protects against COVID”

Research by the team at Glasgow Caledonian University is making its way to the mainstream news;

Regular exercise reduces the chances of dying from infectious diseases such as COVID-19 by more than a third and makes people 31% less likely to catch the virus, a major study has found.

*The world's first study into the link between exercise and **COVID-19** immunity suggested people need to be doing 30 minutes a day, five days a week, or 150 minutes a week of exercise that gets them at least slightly out of breath. Please follow links below to read the full article.*

<https://news.sky.com/story/covid-19-regular-exercise-may-cut-covid-19-death-risk-by-a-third-major-study-finds-12281648>

https://twitter.com/_ukactive/status/1384832199216803840?s=20

British Red Cross Education

Welcome to your latest education update from the British Red Cross. We've got fresh resource ideas and details of our online workshops which you can now book online.

Resources to support you with wellbeing as lockdown eases. Please [click here](#) to access full programme.

Free baby and child first aid app.

The British Red Cross just updated our free baby and child first aid app. The app is designed to support parents, grandparents and caregivers. You're only two taps away from learning how to help a child in a first aid emergency. Please [click here](#) to access details and other apps designed to support people in a crisis.

7 Ways Walking In the Morning Can Improve Your Well-being

Research tells us the daily ritual can boost our physical and mental health.

By this point in our evolutionary history, we all know walking is good for us. Yet, many of us still leave this fundamental component of health up to whatever we manage to squeeze in while walking around the house, to and from work (if that's even happening), or while running errands.

We may think we counteract the amount of time we spend sitting with a 30–60-minute gym session, but our bodies weren't designed to sit all day and then push as hard as possible for a brief amount of time.

Other than the obvious benefits related to moving, here are seven reasons why incorporating a morning walk will improve your health: Fasted Cardio, Low Insulin State, It's Easy, Blood Flow to Reduce Soreness, Eye Movement, Optic Flow & Sunlight Exposure

To read the full article and an explanation into why these 7 reasons help- please follow link:

<https://thriveglobal.com/stories/seven-reasons-morning-walk-improve-well-being/>

Thought for the day!



Heather, Michelle & Barry
The Good Move walking Team

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