

Hi All

We hope you are well!

We know last week's announcement that Glasgow City remained in Level 3 came as a shock and disappointment but we hope, despite the restrictions, you are still managing to find small pockets of joy in every day. Today's news confirms that the area is staying in Level 3 for at least another week. If you or anyone you know is feeling overwhelmed or struggling please visit NHS Scotland for a wide range of resources that will help you and others stay hopeful during challenging times. <https://clearyourhead.scot/>

Please see this week's updates!

### **Take the Pledge with Living Street #WALKTHISMAY WITH US**

***Today sees the start of Walk To School Week (17-21 May). And while your own school days might be over, I just wanted to let you know why the Walk to School matters to us all, and how you can get in the spirit.***

*You don't need to be a pupil - or even a parent or carer. And you could even win our prize draw, too.*

**Take our online #WalkThisMay pledge and commit to walking your short everyday journeys for the rest of May.**

*Here's how our pledge works...*

- 1. You tell us how many local trips you plan to walk each week during National Walking Month (aka May).*
- 2. Our pledge calculator will calculate how much carbon you will save, as well as the miles walked and calories burned.*
- 3. Perhaps best of all, everyone who pledges will be entered into a draw to win either a **£200 or £50 outdoor gear voucher**, so you can upgrade your walking outfit for the summer.*

### **Glasgow Life Update on tourism recovery**

Glasgow has been featured in [#CondeNast](#) article The 12 best UK city breaks for 2021. The article cites "Glasgow's wide-open outdoor spaces, architecture and full-throttle nightlife" as reasons to travel to our city in 2021. It also celebrates the city's music and culture, as well as our eclectic food and drink scene, including chef Lorna McNee achieving the city's first Michelin Star at Cail Bruich. An exciting update from [Mutley Swg3](#) on the SWG3 redevelopments take centre stage in the piece. [#LoveGlasgow](#) [#tourismrecovery](#)

Looking for some inspiration, then please read the full article at [#CondeNast](#). The article includes a variety of amazing places in Glasgow; places we can still visit, enjoy and support while we remain in level 3.

### **The Positive Contribution of Physical Activity and Sport to Scotland**

Public Health Scotland, COSLA and Sport Scotland have published a report to evidence the Positive Contribution of Physical Activity and Sport to Scotland. The benefits of physical activity to local government are substantial and conversely, local government is key to enabling individuals and communities to be more physically active, by weaving physical activity across their relevant functions, including; health and social care, education and children's services, community sport and leisure, spatial and neighbourhood planning, transport infrastructure, economic development and regeneration.

It is envisaged the paper will be used as an advocacy tool to inform local and national, policy, planning and decision making.

## [The Positive Contribution of Physical Activity and Sport to Scotland.](#)

### **Buggy Walks**

Please see attached posters for buggy walks in the north and east of the city.

Café Stork Buggy walks, organised by Homestart in the north of the city- meet every Monday at Ruchill Parish Church at 1pm- full details attached on poster.

Geeza Break is also going to be starting weekly buggy walks from Wednesday 26<sup>th</sup> May for all parents, including expectant parents. These walks will take place in Tollcross park with the aim to meet at Tollcross Leisure centre, the walks will last approximately 1 hour, parents and children will be provided with water and fresh fruit. Please see poster attached with full details.

Please share amongst your networks.

### **The Most Underrated Form of Exercise**

*“Walking is the single most underrated form of movement ever. People automatically think about fitness, wellness, movement... and they think gym, crazy workouts. No, go on a walk!” (Who knew!)*

*Whether you’ve fallen off from a workout routine or consider yourself a gym rat, it’s worth being thoughtful about your view on exercise. Do you look at every bit of movement as a step in the right direction? Or do you only give yourself a pat on the back if you spend two hours pushing yourself to your physical limits?*

From taking micro steps to reframing short bursts of movement, this article is filled with great hints and tips. To read the full article please [click here](#)

### **Fly Away Home**

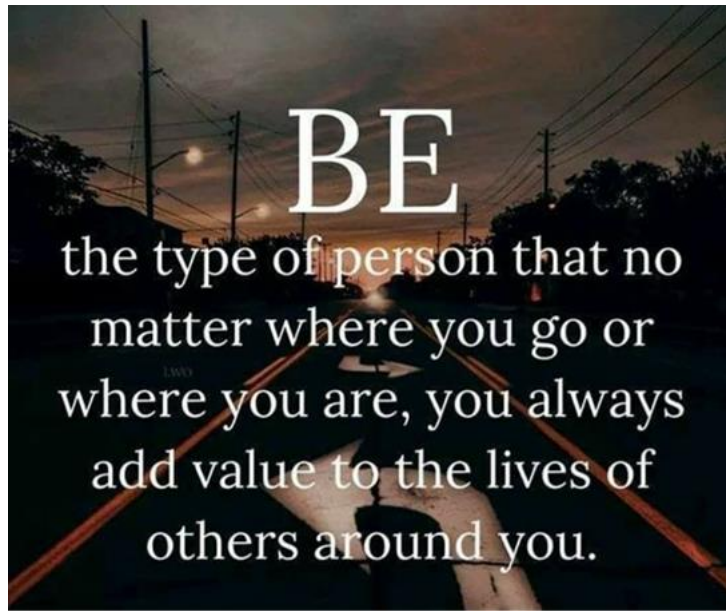
Fly away home is an exhibition at The Hidden Gardens created by Martha Orbach in which 21 handprinted flags mapping navigations across our interconnected world as our climate changes.

Multispecies stories of flight, the search for the right conditions to raise a family, and intrepid adventure, told through collected migration routes of humans and birds.

Made by Martha Orbach, with the support of a Surge Outdoor Arts Bursary, with routes from Maryhill Integration Network, Ornithologist Paul Walton, Archaeologist Dr Oscar Aldred, family and friends.

For full details please [click here](#)

**Thought for the day!**



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

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WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

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