

Hi Everyone

We hope this email finds you well and you have not overheated this week! It has been unusually hot. Temperatures are set to dip a little next week but it will be a scorcher of a weekend. Enjoy the sunshine but ensure you are #sunsafe - <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

Please see this week's updates!

Shining the light on Strength and Balance (Part 3)

"Regular walking plus strength and balance exercises provide the key to an active, happy and healthy older age". (Paths for All)

Awareness of the benefits of regular physical activity is increasing, however there is less knowledge and understanding about the importance of activities that improve muscle strength and balance throughout our adult lives. This helps walkers to stay active and to meet the UK Chief Medical Officer's Physical Activity Guidelines which recommend that adults should:

- aim to be active daily
- reduce and break up sitting time
- incorporate activity to improve muscle strength twice each week.
- Adults over 65 should take part in activity that improves balance and coordination twice each week

The Walk Your Way to Strength and Balance Programme

Paths for All's programme was developed with expert input from Professor Dawn Skelton of Glasgow Caledonian University. It consists of 14 simple exercises that will improve strength and balance and reduce the risk of falls in adults.

For full details please visit <https://www.pathsforall.org.uk/strength-and-balance/strength-and-balance-exercises>

Scottish Health Walk Network members can get free leaflets to give out to walkers and there is an online course for walk leaders to learn more about them. The next date is on Tuesday 31st August, 9.30 – 1pm. Email walking@glasgowlife.org.uk to book you place.

Claypits Nature Reserve Grand Opening Event, Sat 31st July 10-2pm

A fun-filled event is planned for the official opening of the Hamiltonhill Claypits Nature Reserve, and everyone is invited! Live music, come and try activities incl kayaking and walks will help you explore these great new paths and boardwalk along the canal. Access via Firhill or Applecross Basin.

Find out more: bit.ly/ClaypitsGlasgowOfficialOpening

Love Parks Week 2021 - 23 July - 1 August 2021

This year, our parks and green spaces have been a vital lifeline to many of us during the lockdowns.

Around 9 in 10 people surveyed by Natural England in May 2020 agreed that natural spaces are good for mental health and wellbeing.

And yet, our green spaces have been under immense pressure, with local authorities telling us they collected, on average, an extra 57 tonnes of litter during the first lockdown alone.

As we head into summer, the annual Love Parks Week provides a moment to send a rallying cry; to Love, Respect, and Protect our parks throughout the summer of 2021 and beyond.

If you would like to get involved please visit: <https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>

3 Tips to Stay Active When You're Depressed

Although the focus of the article is around staying active while depressed, the suggested small steps are useful for anyone looking to get started, increase activity levels or get in a better routine with regards to physical activity and well-being.

Movement goes a long way when it comes to mental well-being.

Yes, it's true. The studies prove it. Talkspace provider Rachel O'Neill, Ph.D., LPCC-S, backs it up as well, saying, "Recent research has underscored a relationship between regular exercise and improved mental health functioning. Research suggests that neurotransmitters are released during exercise, which can certainly help provide a quick mood boost.

If you're needing a dose of motivation to do some depression-lifting exercise, when your bed sounds a lot more pleasant, here's how you can take baby steps toward that workout.

- 1- Start small
- 2- Practice mindfulness
- 3- Choose effective exercise

To read the full article, that includes a full explanation on how to get started- please [click here](#)

Top travel magazine names Glasgow the UK's best city break destination for this year

Glasgow has claimed the number one spot in prestigious travel magazine Condé Nast Traveller's list of the '12 best UK city breaks to take in 2021' and has appeared twice in the past month in leading consumer publication Which?; being named one of the 'top 5 cities for food and drink in the UK' as well as the 'best large city for shopping in the UK'.

For inspiration on the best things to see and do in Glasgow this summer, check out peoplemakeglasgow.com.



The Brain Changing Benefits of Exercise (TED Talk- Wendy Suzuki)

What if I told you there was something that you can do right now that would have an immediate, positive benefit for your brain including your mood and your focus? And what if I told you that same thing could actually last a long time and protect your brain from different conditions like depression, Alzheimer's disease or dementia. Would you do it? Yes!

I am talking about the powerful effects of physical activity. Simply moving your body, has immediate, long-lasting and protective benefits for your brain. And that can last for the rest of your life.

To watch the full talk please go to-

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

Thought for the day!

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition” (World Health Organisation)

Heather, Michelle & Barry
The Good Move walking Team

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