

Hi Everyone

We hope this email finds you well.

It has been so nice visiting the walks this week hearing all the chat from people; listening to different stories about catching up with friends and family, lunches out, garden parties and much more. We wish you all a wonderful weekend whatever you are doing.

Please see below this week's updates!

### **Beyond Level Zero – Implications for Health Walks**

From Monday, Scotland will move beyond Level Zero with a further loosening of restrictions. However, it is still best and safest practice to maintain social distancing and good hygiene practices. There is also still an obligation to collect walker names and contacts for Test and Protect purposes. Therefore people still need to contact us before attending walks.

So, the current Covid Health Agreement Card still stands for now – see attached. Please continue to include a shortened version in your introductions before the walk.

For all Good Move Health Walks we will be contacting previous meeting venues to ask if we can return to meeting indoors or use the toilets. If you have any questions please just get in touch!

### **Walk Leader Online Catch Up Meeting - Tue 17<sup>th</sup> August, 1.30 - 2.30pm (Reminder)**

We would love to invite Walk Leaders to join us for our fourth online video catch up. The format will be very informal, an update on all things walking, a good blether, and a chance see other chat with other leaders! If interested- just grab a cuppa and join us on the 17<sup>th</sup> of August at 1.30pm - 2.30pm

To book in please email [walking@glasgowlife.org.uk](mailto:walking@glasgowlife.org.uk) and we will send you a meeting link.

### **Online Strength and Balance Course, Tues 31<sup>st</sup> August ,9.30 – 1pm**

This half day workshop explains why daily walking plus strength and balance activity provide the key to active, healthy older age. Walk Leaders will learn how to do simple Strength and Balance exercises that can be introduced/demonstrated to walkers, friends and families as well as on a health walk itself . Each delegate will receive a set of cue cards and 5 leaflets.

Email [walking@glasgowlife.org.uk](mailto:walking@glasgowlife.org.uk) to book you place.

### **Paths for all updates August 2021**

### **Invitations to 'I Remember' workshop (with our artist in residence, 12th August) and our annual Scottish Health Walk Network Conference (14th & 15th September)**

Places for the Scottish Health Walk Network Conference can be booked [via Eventbrite](#)

You can find out more about the 'I Remember' (the Scottish Covid memorial) workshop for Paths for All groups, [here](#)

Please see attached email for further details on both.

## Life Link Glasgow

Life Link have got a fantastic line up of different wellbeing classes available for Glasgow residents to book for free running throughout August.

- ☑ Improving Motivation
- ☹ Re-Assess Your Stress
- ⌚ Coping with Change
- 👤 Building Resilience and Personal Effectiveness
- 👑 Boosting Self-Esteem
- 👍 Building Confidence
- 😊 The Wonder of Wellbeing

Find out more about each class and register for free at:

<https://lnkd.in/ewVcukw>

## Why Our Definition of Exercise Needs a Refresh

*It's time to get creative about movement and think outside the gym.*

*There's no doubt that exercise is good for us. Hailed as a "miracle drug" by the Academy of Medical Royal Colleges and "one of the best things people can do to improve their health" by the Centre's for Disease Control and Prevention, physical activity is one of the keys to a thriving life. Just as with sleep, nutrition, and other building blocks of our wellbeing, we pay a price when we skimp on physical activity. And when we do make a point to exercise, the benefits go well beyond any generic idea of getting in shape.*

*Part of the problem is this: our definition of exercise needs a refresh. When we hear the word exercise, we think of schlepping to the gym, running a 5K, or lifting heavy weights. These are all perfectly healthy and valid pursuits, but for many of us, for various reasons, they're just never going to happen. A narrow definition of exercise only makes it easier to avoid.*

*William Kraus, a professor at Duke University and the author of a 2018 study that links small bursts of exercise to longevity, told the New York Times, "The little things that people do every day can and do add up and affect the risk for disease and death."*

To read the full article please visit: [https://thriveglobal.com/stories/why-our-definition-of-exercise-needs-a-refresh/?utm\\_content=buffera4a12&utm\\_medium=Thrive&utm\\_source=LinkedIn&utm\\_campaign=Buffer](https://thriveglobal.com/stories/why-our-definition-of-exercise-needs-a-refresh/?utm_content=buffera4a12&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer)

## Thought for the day!

### *Tips for Wellbeing*

- *Have Hope*
- *Accept Yourself*
- *Exercise*
- *Practice Mindfulness*
- *Express Gratitude*
- *Master Your Environment*
- *Find Purpose*
- *Stay Connected*
- *Be an Optimist*

Heather, Michelle & Barry  
The Good Move walking Team

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