

Welcome to the 12-week PACE-UP programme to help you increase your walking

For those who are able to walk, walking has been described as the ‘perfect exercise’ since it requires no special equipment and can be integrated into many aspects of routine daily life. Monitoring your step count is a simple and effective way to help you keep track of your physical activity levels.

Walking regularly can add years to life and life to years.

My name

What will my 12-week walking programme look like?

This handbook gives you a structured approach to increasing the amount you walk during each week. We recommend printing it out and working through the following stages

- Baseline: work out where you are now.
- Month 1: add in 1500 steps per day (which is about equal to a 15 minute walk) to your baseline average steps, gradually increasing from 3 to 5 days per week
- Month 2: add in 3000 steps per day (about equal to a 30 minute walk) gradually increasing from 3 to 5 days per week
- Month 3: maintenance; continue the extra 3000 steps per day (or 30 minute walk) on at least 5 days per week.
- Month 4 and on: aim to continue the great progress you’ve made

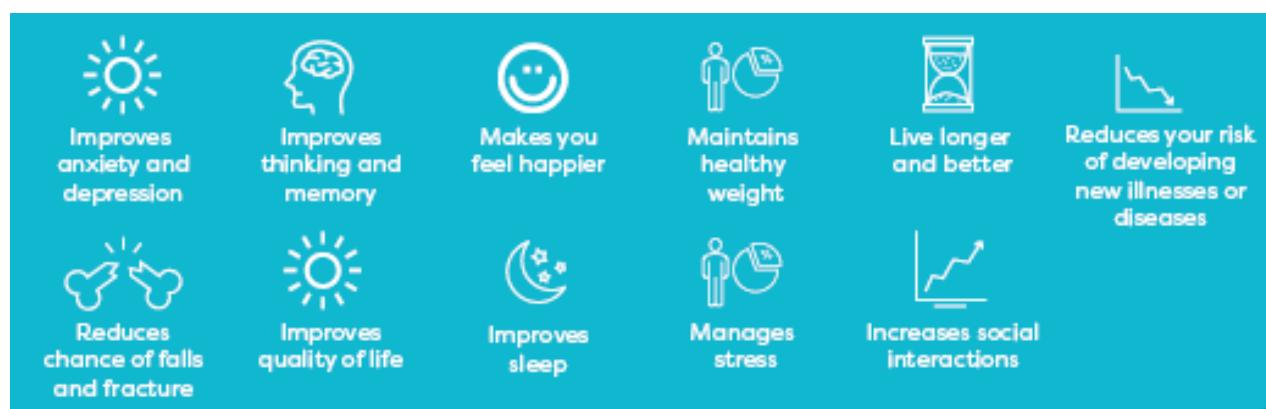
Who designed this walking programme?

PACE-UP was designed and tested by researchers led by the Population Health Research Institute, St George's University of London and funded by the Health Technology Assessment Programme of the National Institute for Health Research. Their trials showed that adults and older adults who completed this 12-week programme remained more active 4 years later and suffered less heart attacks, strokes and fractures than people who did no extra walking. More information on PACE-UP, including the handbook and diary and academic references can be found at www.paceup.sgul.ac.uk

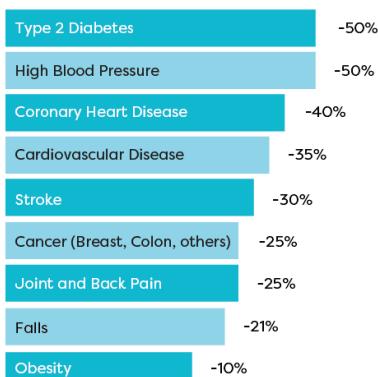
PACE-UP aims to gradually increase the amount that you walk each week, using a target number of steps. For 12 weeks use a pedometer/wrist-worn fitness tracker/smart phone to record the number of steps you do each day and write them in your PACE-UP diary (provided on pages 7-9). If you don't have any of these devices, just record the amount of time spent walking (described below).

By the end of 12 weeks the aim is for you to be walking an extra 3000 steps or an extra 30 minutes of walking most days of the week, so it doesn't matter what level you start from.

What good things might walking do for me?



Regular physical activity reduces your risk of developing a wide range of long-term medical conditions (see below). If you already have one of these diseases, walking can also help you control the symptoms and reduce complications. See the Moving Medicine patient information finder for further information on each condition.



My top personal reasons for being more active include:

- 1.
- 2.
- 3.

How much physical activity is good for me?

The most important thing to remember is that some activity is good, and more is better. Health recommendations suggest doing at least 150 minutes spread across each week, but if you're nowhere near this at the moment don't worry as those who do the least exercise can gain the most by fitting in extra bits of activity into their lives.

How fast should I walk?

Walking speed depends upon various factors such as how fit you are and how long your legs are, so there is no single rule for all. Brisk walking counts as 'moderate intensity' activity.

Aim to walk at a pace that raises your heart rate, makes you breath faster and feel warmer, but at which you can still hold a conversation. For those who like numbers, this is about 100 steps per minute (ie 1500 steps in 15 minutes or 3000 steps in 30 minutes).

Frequently asked questions about PACE-UP

- **What is the best way to measure my steps?**
Pedometers, smart phones and wrist worn fitness trackers can all count steps. Different devices count steps slightly differently so for your step diary it is important to use the same device each day to compare like with like. If these options are not possible, you can record the time you spend walking instead.
- **What day of the week should I start recording?**
You can start whenever you want.
- **What if I miss a week through holiday or illness or injury?**
Just start again at the point you left, when you are able to.
- **Where should I start?**
You need to record your step-count for 7 days to find out what your average daily step-count is, or your baseline steps. This will be your starting point so you can add extra steps gradually, as directed, through the programme.
- **What do I do after the 12-week programme finishes?**
Keep it up! We hope you can maintain a routine that includes a 30 minute walk, or 30 minutes of alternative moderate activity, most days of the week.

Things that have worked well for me in the past to help keep me active include...

- 1.
- 2.
- 3.

Tips

- Make walking part of your daily routine, in order to keep up the changes:
 - Get off the bus, tube or train a couple of stops earlier
 - Take a longer route to the shops or library
 - Go for a walk during your lunch break.
 - Take the stairs when possible, rather than using a lift or escalator
 - If you are going somewhere by car, try parking it a bit further away, so that you walk a little further.
 - Walk the dog or a neighbour's dog.
- Do it with a friend or family member to walk with you; it is easier to walk regularly and walk further if you have some company.
- Gradually increase both the amount of walking that you do (the number of steps or time per day) and the intensity (how fast you walk) – remember that as you get fitter, going at the same speed will not feel as hard and might not be “moderate intensity” anymore!
- Wear sturdy shoes or trainers with cushioned soles when you walk. You will be less likely to cause pain in your feet and other joints.
- Take some water with you if you are walking a long distance, especially in hot weather.
- If walking more or faster gives you chest pain, palpitations or dizziness, or makes you feel faint or fall over, you should stop doing it and seek medical advice.
- If you are concerned about street safety, identify your local crime hotspots in your area by putting your postcode into www.police.uk and check out advice on keeping yourself safe on www.suzylamplugh.org/Pages/FAQs/Category/personal-safety

Opportunities in the day that I might find to increase my step count are:	These are the people who I will share my walking plans with:

Start your programme

Baseline week

Before you start to increase your walking it is important to know how much you are currently doing. Don't increase your walking this week, just do what you normally do.

Day	Step count
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total steps this week =

Now divide total by 7 (or by the number of days you recorded, i.e. if you recorded 5 days, divide by 5).

Your average daily step-count = This number is your baseline steps.

Now set your PACE-UP 12 week walking programme targets:

Weeks	Your baseline steps	Add in extra steps	This is your target number of steps
1-2	Add in 1500 stepson 3 or more days per week
3-4	Add in 1500 stepson 5 or more days per week
5-6	Add in 3000 stepson 3 or more days per week
7-12	Add in 3000 stepson 5 or more days per week

My PACE-UP Diary

Week 1 and 2

Your aim for weeks 1 and 2 is to add in an extra 1500 steps on three or more days this week to your baseline steps (this equates to roughly 15 minutes more walking on three or more days). This gives you a target total step-count of at least _____ (baseline + 1500), three days this week.

Record your step-counts in the table below. In the example (shaded grey in the table below), we were walking 4000 steps a day, so an increase on three days per week e.g. Monday, Wednesday and Friday was required.

You can start on whatever day of the week. Just record the steps each day.

Week	Start date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
E.g.	1 st Jan	5500	4000	5500	4000	5500	4000	4000	32,500
1									
2									

Week 3 and 4

In weeks 3 and 4, add an extra 1500 steps on five or more days per week to your baseline steps (Again, approximately 15 minutes more walking on five or more days). This makes your target at least _____ (baseline steps + 1500) on five or more days this week.

Week	Start date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
1									
2									

Things that have made activity enjoyable for me in the past include (e.g. people you may be active with, places you may walk):

Week 5 and 6

Your aim is to add in an extra 3000 steps on three or more days this week to your baseline steps (30 minutes more on three days per week). This gives you a target step-count of at least _____ (baseline steps + 3000), three or more days this week.

Week	Start date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
5									
6									

Week 7 and 8

In weeks 7 and 8, add an extra 3000 steps on five or more days per week (30 minutes more on five or more days) to your baseline steps. This gives you a target to achieve a step-count of at least _____ (baseline steps + 3000) on five or more days this week.

Week	Start date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
7									
8									

Obstacles that may/do get in the way of my walking plans are:	My plans to overcome these obstacles are:
1.	1.
2.	2.

Week 9-12

Weeks 9-12 of your walking plan are about trying to maintain what you have achieved; walking an extra 3000 steps per day (or 30 minutes per day) to your baseline steps on most days of the week.

If you haven't achieved this yet, these weeks are another chance to achieve this goal! If you have, you could try increasing your walking speed (so you will notice you get a bit further in the same amount of time: You can repeat the "talk test" or "steps per minute count" on page 2 to make sure you are working at the right intensity).

In week 9 you aim to do an extra 3000 steps over your baseline on five or more days this week. This gives you a target step-count of at least _____ (baseline steps + 3000), five or more days this week.

Week	Start date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
9									
10									
11									
12									

If I managed to become and stay more active until this time next year these are the things that might be better for me:

1.

2.

3.

Congratulations – you have now completed the PACE-UP 12-week walking programme!

Why not take a few minutes to think about the changes you have made:

- ❖ How long are you walking for each day compared with when you started?
- ❖ What changes have you made in your daily and weekly step-counts?
- ❖ What are you doing differently? How have your activities changed?
- ❖ What are the main benefits of the walking programme that you have noticed?

Keeping going when your PACE-UP walking programme finishes

- Remind yourself why you decided to become more active, and what you have achieved by increasing your activity.
- Don't stop keeping track of your steps! Continue to monitor and record your activity levels, either all the time or just a sample (such as one week per month). This way you can be confident you are still getting all the benefits of your new habits. You may find continuing to use a diary useful to keep track of your progress and goals – find one in the patient information section on the Moving Medicine website.
- Being active with a group or with a partner can help you (all) to keep the habit going.
- Become a mentor! Could you introduce someone to the programme and guide them through it? And could you join them on a few of their walks?
- Think about things that could stop you continuing this habit e.g. bad weather, or a change in work pattern, or a bad back. How would you get around this problem and keep going? It's good to be prepared!
- Let's say you forgot to keep it up for a week or two...how will you get back into your new "good habits"?
- Try out new walks near you or think about a walking group, visit the Moving Medicine website to find some amazing websites full of ideas for local walks and other opportunities.