



Week 2: Finding Your Pace

Mastering the 'Brisk' Walk & Using the Active 10 App

Last week, we looked at how walking 'mops up' blood sugar. This week, we focus on intensity. Walking at a moderate pace can support your heart, fitness and blood-sugar control.



The 'Talk Test': What is Brisk?

- **Brisk Pace:** Moderate activity makes you breathe faster and feel warmer. You should still be able to talk, but you would find it difficult to sing.
- **The Goal:** A brisk 10-minute walk has health benefits and contributes towards your weekly activity target.

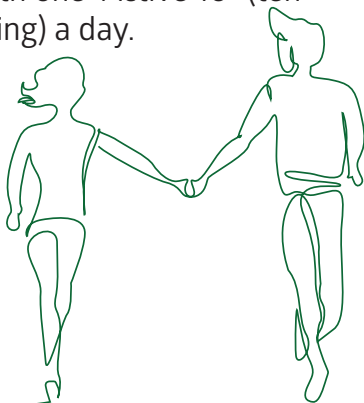


Meet Your New Coach: The Active 10 App

The free NHS Active 10 app can record how long and how briskly you walk. If you prefer, you can record your walks in a diary or on a calendar.

Goal Setting: Start with one "Active 10" (ten minutes of brisk walking) a day.

Adults should aim to build towards at least 150 minutes of moderate-intensity activity each week.



Get Social: Walking in Your Community

Walking with others is one of the best ways to stay motivated.

Louth & Manby: Check the Louth Navigation Trust walks or the Magna Vitae 'Wellbeing Walks' programmes at Meridian Leisure Centre.

North Somercotes: Explore local village and coastal walking routes.

For further information click on the following links:

www.louthnavigationtrust.org.uk

www.magnavitae.org

www.visitlincolnshire.com

www.ramblers.org.uk/go-walking



Action

Your Week 2 Action Plan

- 
1. Download the Active 10 App.
 2. Test your pace: Use the talk test to find a comfortable moderate pace: you should be able to talk, but not sing.
 3. The 'One-a-Day': Aim for at least one recorded 'Active 10' every day this week.



Marsh Medical Practice
www.marshmedicalpractice.com

Exercise Initiative - Week 2
Working with you