



Week 3: Finding What Works for You

Overcoming Barriers: Weather, Mobility, and Indoor Options

By now, you know the benefits of walking. However, life happens—the British weather turns, or joint pain makes an outdoor walk feel daunting.



'Bad Weather' Strategies

Poor weather, pain or limited mobility can make outdoor walking difficult. Having an alternative plan can help you remain active. If the Lincolnshire coast is too windy or wet for a walk, try these indoor activity options.

- **The Corridor Circuit:** Indoor walking: walk around your home for a few minutes at a safe and comfortable pace.
- **Active Housework:** Household chores, such as vacuuming or vigorous dusting, can reach that 'brisk' intensity where you can talk but not sing.
- **Step-in-Place:** March gently on the spot while holding a stable support if needed.



Movement for Limited Mobility

If joint pain or mobility issues make walking difficult, you can still benefit from gentle or seated activity.

The Calf Pump: While sitting, keep your toes on the floor and lift your heels as high as possible, then drop them.

Do not push through severe or increasing pain. Contact the practice if pain is worsening, affecting everyday activities or preventing you from walking safely.



Your Week 3 Action Plan

1. **Have a 'Plan B':** Pick one indoor activity (like the hallway circuit) for if it rains.
2. **Try the Calf Pump:** If you are sitting for more than 30 minutes, perform two minutes of heel raises to break up prolonged sitting and keep your lower legs moving.
3. **Check the NHS Guide:** Download the 'Sitting Exercises' leaflet if you feel your mobility is a barrier to traditional walking.



If walking is painful, try a shorter or slower walk, divide 10 minutes into two five-minute sessions, or choose a seated or lower-impact activity.

If you want a structured plan for days you stay indoors, the NHS provides a free, expert-led guide available by clicking the link below

www.nhs.uk/live-well/exercise/sitting-exercises/

