

## Start Walking – some helpful tips

**You don't have to take it seriously – just regularly!**

### What to Wear

Choose clothing that is:

- Appropriate for the weather – keep out sun, rain or cold
- Comfortable and easy to move in
- Layered: Several layers of lighter clothing are better so you can peel them off as you warm up

Choose shoes that are:

- Comfortable and cushioned
- Have good grip on the sole
- Sturdy yet flexible- lace-up shoes are often best
- Having a good pair of shoes is the most important part of your walking wardrobe

Other things that might be useful:

- Water bottle
- Lightweight backpack or bag for your cell-phone and keys
- Sunhat

### Beginner Walking Programme

Maggie Barry, one of the celebrities of Push Play Nation has a great walking programme you can follow on

[www.sparc.org.nz](http://www.sparc.org.nz)



### Walk with Others

Walking with others is a really good way to keep motivated, be more committed and have a more sociable walking experience.

### Keeping Motivated

ActiveSmart: A Training Plan Just For You!

ACC (Accident Compensation Corporation) have developed a great new website called ActiveSmart [www.activesmart.co.nz](http://www.activesmart.co.nz) that gives you a personalised online training plan.

It gives you advice on what to do and helps you keep track of what you have done. It is great for keeping you motivated and best of all it is easy to use and it's FREE!!