

walk 4 life

local supporter's guide

Everything you need to help families keep active by walking more.



Created in partnership with



Eat well Move more Live longer

welcome to walk4life

Walking is a great way for families to be up and about having fun together. In fact, there's probably no easier way of being active outdoors!

That's why Walk4Life has been launched to support Change4Life, helping families live healthier, happier and longer lives. This toolkit contains ideas for simple, fun games that parents can play with their children while they're out enjoying the fresh air and seeing new places.

By talking to parents about the benefits of walking we can get more people leaving the car at home!



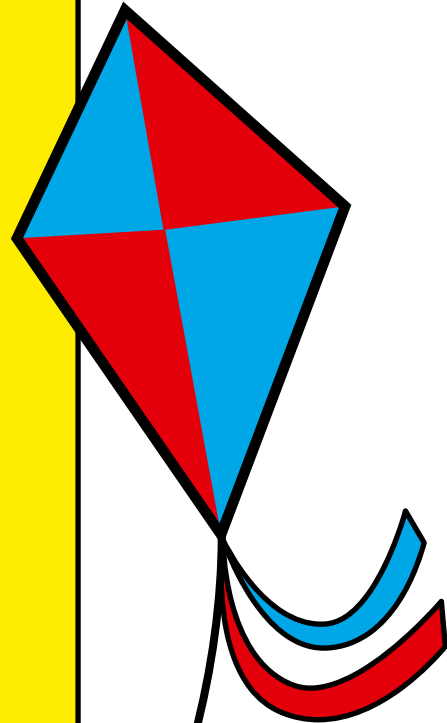
It's the nationwide movement which aims to help us all, but especially our children, eat well, move more and live longer. Find out more by reading the '[Change4Life Local Supporter's Guide](#)' [here](#).

what's walk4life all about?

Our research tells us that parents may find some of the lifestyle changes suggested by Change4Life harder to make than others. So we want to help parents, children, partners and supporters of the campaign to organise fun games that focus on helping people make these changes.

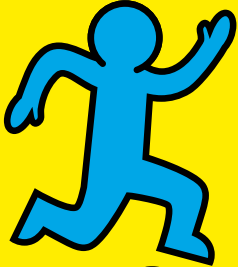
An important part of Change4Life is about keeping active on a daily basis. Walking, whether part of our daily routine or a way to explore the local area, is a simple way to help stay healthy. By moving around every day, we will be well on the way to achieving some of the changes that are necessary for a healthier future.

Although a few of the changes involved in Change4Life can seem a bit daunting to some families, walking is an activity that almost anyone can do. So there's no reason why most families shouldn't be able to fit in a bit more walking into their day as part of making a Change4Life.



small changes, big benefits

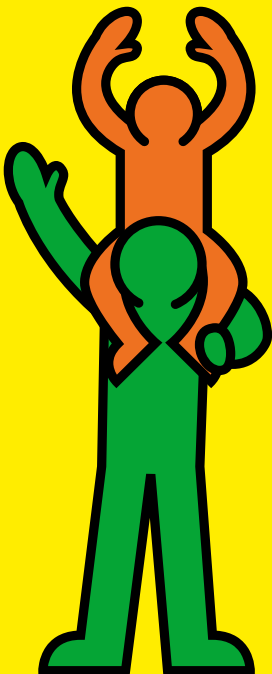
Change4Life is all about making small lifestyle changes that add up to big health benefits. We've identified 8 healthy changes that families may consider making for a healthier future, and walking can help achieve two of them in particular.



60 active minutes

Children need to do *at least* 60 minutes of physical activity every day that gets their heart beating faster than usual. This activity *doesn't have to be all in one go*, and it will burn off energy and prevent excess fat being stored in the body. It also helps young muscles and bones grow properly.

It's important that families understand that not keeping active and a poor diet can lead to serious illnesses in later life such as cancer, type 2 diabetes and heart disease. Walking is an easy and fun way for children to get their 60 active minutes whilst spending time with friends or family, whether learning more about parks and woodlands or exploring their local area.



up & about

Modern life has made things much more comfortable for us – so comfortable, in fact, that most of us spend too long sitting down.

Of course it's important to relax, but there's a difference between chilling out and vegging out. The fact is that children who are inactive don't burn off enough energy and store up fat in their body.

The solution is simple – encourage families to get up and about! A walk with friends and family is a great way to move around and have fun. This toolkit contains lots of fun games to play whilst out in the fresh air, so it's easy to motivate families to walk more.

Want to read more about the 8 ways to Change4Life? Read the 'Change4Life Local Supporter's Guide' [here](#).

how can you help families walk4life?

The best thing about walking is that almost everyone can do it, anywhere, at any time, and it's free! You don't need special clothing, equipment or training either – you can just get out there and start walking.

However, there are things that may prevent families from walking more than they do. Understanding what these are and identifying which apply to the families and children you work with is the first step to finding solutions.

Parents and carers may feel that walking somewhere just for the exercise is a bit of a waste of time. They might also think that it isn't safe for their children to be out on their own or that there aren't any interesting places to walk near to where they live. Some might even think they don't have the time to walk, that they have more important things to do instead.

But there are ways to overcome all of these barriers and encourage families to get out and about, be active and have fun, and this is where you can help. Talk to them about the benefits of walking and give them tips and advice on how they can make it part of their routine.

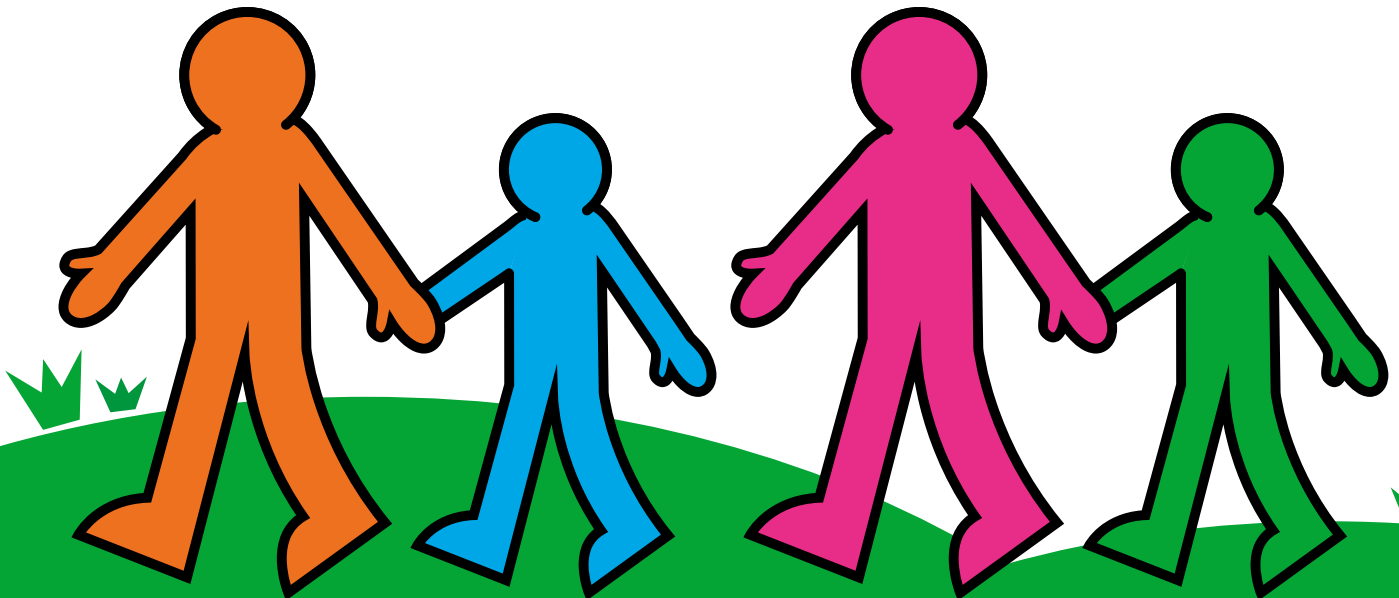
The games on the next page are designed to help you do this. You'll need to decide which are the most suitable for the families and children you work with.



walk4life games

All the Walk4Life games can be played as a family or in a larger group walking together. Some are fun things to make everyday walks more interesting and others are games families can play when they go out for walks as part of their leisure time.

We've split them into everyday walks and walks in parks and woodland, so families can choose the games that best suit the walk they're doing. And all the games are easy to play as they need little or no equipment. Everyone just needs to bring themselves!



fun games for every day walking

Do you know where you live?

Discover new places in your neighbourhood and stay active at the same time!

Spot the street. See how many 'Roads', 'Alleys' and even 'Passages' you can find. And what are they all named after? Kings? Rivers? Or something else altogether?

Uphill and downhill. Is your walk uphill, downhill or flat? Do you live on a hill? And what would the land look like if the buildings weren't there?

Finding your way. Can you draw a map of a walk so a friend could follow it? What sorts of buildings and places would you walk past? And could you lead your own expedition?

Stroll, sketch and snap. Take pictures of your area and make a scrapbook. Which landmarks can you find? Can your friends guess what they are from your drawings?

Have fun while you walk

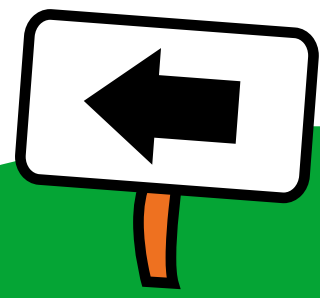
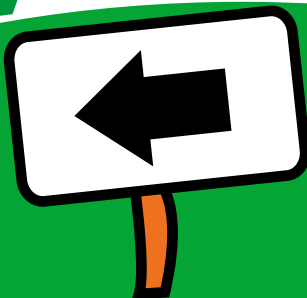
Make every walk different with these fun games.

Wild in the streets. Which animals can you spot while you're out walking? Which trees lose their leaves and which don't? Take photos of them at different times of the year and see how they change.

Whatever the weather. Can you predict the weather just by looking at the clouds? Did the weather forecast get it right? Lie on the grass and see which shapes you can spot in the clouds?

I-Spy. How many different types of car and bus can you spy? And how many different shapes and colours of tree are there on your walk? And can you spot things you'd like to buy from the shops you walk past?

Download
Walk4Life Fun games for every day walking

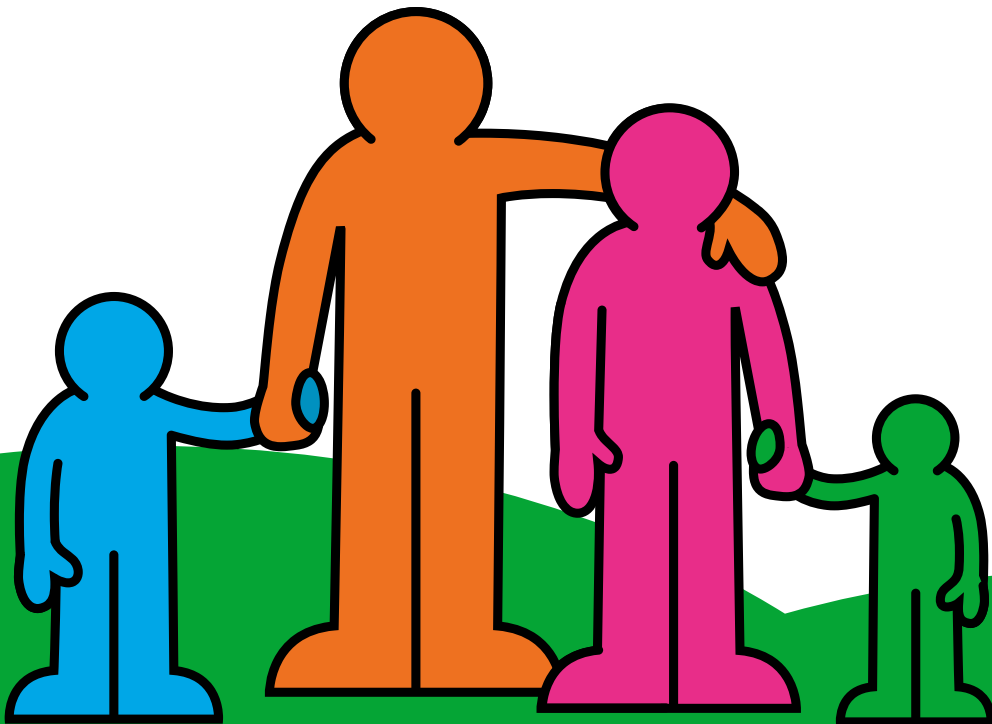


fun walking games for parks and woodland

These games have been split into Spring, Summer, Autumn and Winter, so there are things to do all year round. Families will be able to explore the countryside, discover new animals and plants and make things that they can bring home to remind them of their adventure.

From spotting animal tracks and making woodland scents to attract insects, to having minibeast races and making elf houses, there's so much to do that they'll never want to leave!

Download
Walk4Life Fun walking games
for parks and woodland

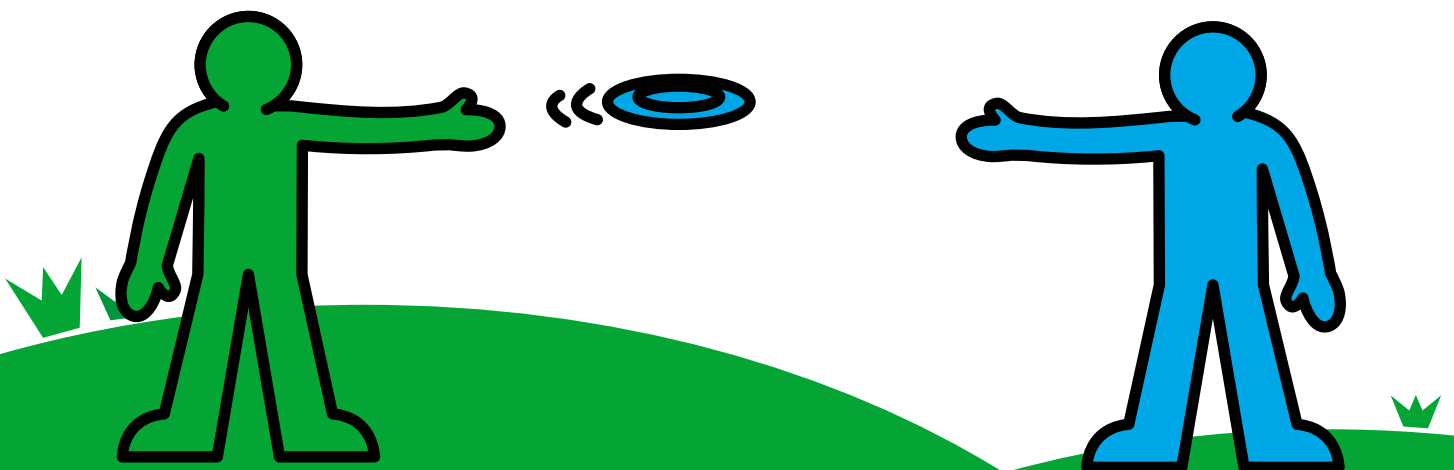


walk4life top tips

It doesn't matter how old, everyone can benefit from walking and have fun at the same time. Even babies in pushchairs will enjoy being out in the fresh air.

Older children might want to start walking on their own or with a group of friends. In the majority of cases this is very safe, and is a great way for them to get active without even realising it.

There are lots of tips and advice for children and parents in our 'Tips to get walking everyday' which you can read and download [here](#). You'll also find help and information on all other aspects of walking, including safety, the health benefits of walking and things you can say to families to address any barriers to walking.

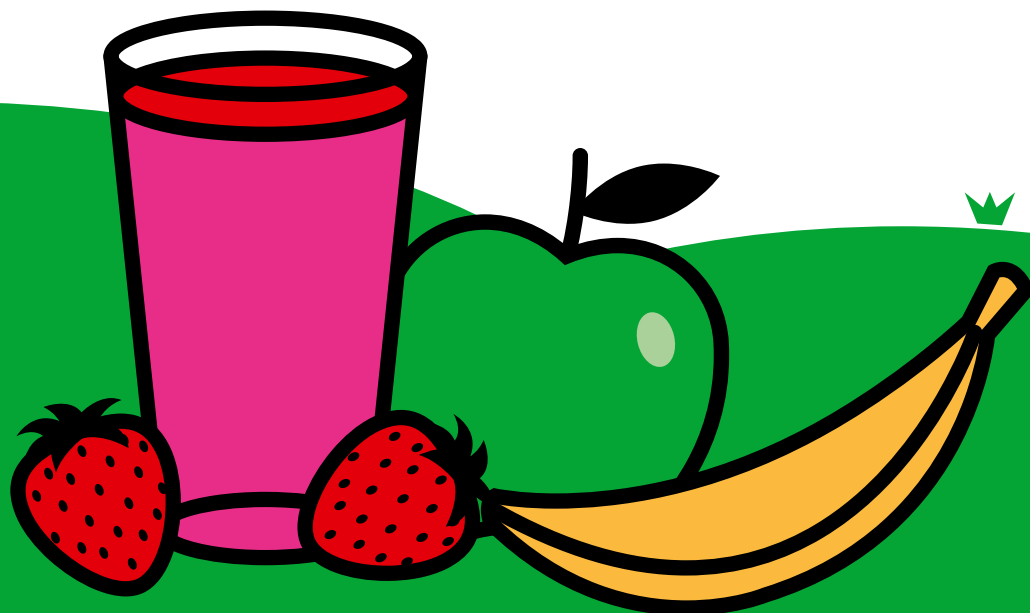
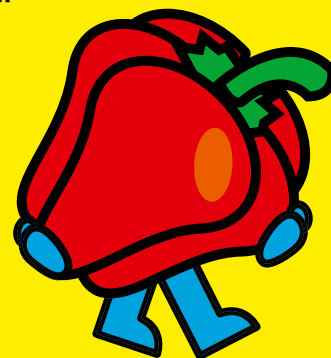


eat well. move more. live longer

We all need to keep an eye on what we eat as well as how much energy we burn (through being active) if we want to prevent fat building up in our bodies. Change4Life involves a whole range of lifestyle changes of which **60 active minutes** and **up and about** are a part. So when you talk to families about Walk4Life, it's also a good idea to remind them of the importance of eating healthily.

Don't worry if your usual work or activities focus on one area and you don't feel confident talking to parents about the other. You don't need to become an expert in a new subject – all we ask is that you tell families that both activity levels and diet are important, and tell them where they can find out more.

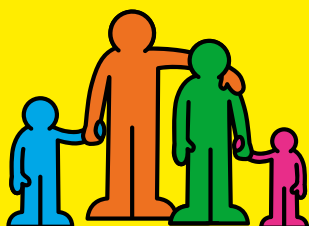
A good place to suggest they look is the Change4Life website at www.nhs.uk/change4life where they can also find out about Breakfast4Life, designed to help them get the best start to the day.



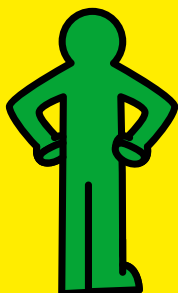
finding more information

There are lots of Change4Life resources that you may find useful. They're all available online, but some are also available as a printed pack for those who don't have internet access.

Making a Change4Life

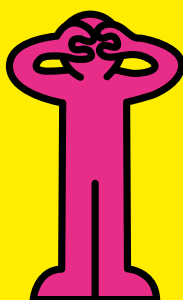


Change4Life encourages families to make 8 changes around diet and physical activity to give themselves a healthier future. Read more about these changes, why they're important and tips on helping parents make them in the Change4Life Local Supporter's Guide [here](#).



Talking about Change4Life

Our research shows that some ways of talking about the issues surrounding Change4Life are received better by parents than others. Get tips on how to explain things to parents, plus more ideas for ways you can support the campaign, in the Change4Life Local Supporter's Guide [here](#).



The research behind Change4Life

Read more about the research behind Change4Life in the Department of Health's Consumer Insight Summary [here](#).

free change4life resources

Lots of colourful resources are already available for you to use with parents and carers, including posters, leaflets and game sheets. Download the ones you find useful (in colour or black and white) [here](#).

We are releasing more toolkits like this one to support different activities. Look out for Breakfast4Life, Bike4Life, Swim4Life and Play4Life [here](#). We can tell you when new toolkits are available when you register [here](#).

Useful links

www.dft.gov.uk/think – the Government's road safety campaign website

www.naturalengland.org.uk – find out where to walk near you

www.ordnancesurvey.co.uk – download maps to plan your perfect walk

www.ramblers.org.uk – lots of help with walking and where to do it

www.roadsafetygb.org.uk – promotes education, training and publicity policies to reduce road accidents

www.sustrans.org.uk – everything you need to know about healthy active travel

www.walkengland.org.uk – walking news and details of upcoming walking events

www.walktoschool.org.uk – advice and tips on walking to school

www.whi.org.uk – find a local health walk scheme – they're fun, free and friendly

www.woodlandtrust.org.uk – information and games to play while walking

www.livingstreets.org.uk – all the information to help you create streets you want to walk in

www.walkit.com – the urban walking route planner

www.direct.gov.uk/en/travelandtransport – information and advice on walking to work or school

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Once registered as a local supporter you're also allowed to use the Change4Life and sub-brand logos, typefaces and illustrations on your own materials. If you're not already registered, click [here](#).

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Contact us

The 'partners & supporters' area of the website has information, ideas and resources for local supporters including:

- case studies
- partner tools
- FAQs
- useful links

Go to www.nhs.uk/change4life and click on 'partners & supporters'.

Not online? Call the local supporter helpline on 0300 123 3434*.



*Calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part of inclusive minutes subject to your provider and your call package. We're open from 9am to 8pm, 7 days a week.