

# PACE-UP

## 12 week walking and step-count diary



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



Name .....

## Pedometer instructions



- Open the Digi-Walker pedometer and press the yellow reset button to zero.
- Close the case. Please keep the case closed during use and only open it to see the readings. (The pedometer will not count steps if the case is open).
- Attach the pedometer to your belt or to the top of your trousers or skirt, over the front of your hip. There is a clip to attach next to it, to make sure that it stays on securely.
- The Digi-Walker name must be the correct way up to somebody looking at you, if it is upside down it will not record.
- We suggest that you put the pedometer on as soon as possible after getting out of bed and wear it all day, except for sleeping and showering.
- At the end of the day write down the number of steps that you have done on your PACE-UP diary and zero the pedometer for the next day.

## Frequently asked questions on the **PACE-UP** trial

- 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 with the next week, when you are able to.*
- How do I know what my targets should be?  
*You need to wear the pedometer and record your step-count for 7 days to find out what your baseline average daily step-count is or your **baseline steps**. Then you will add on extra steps gradually, as directed, for your targets (see next page for details).*

## Baseline week of your walking plan and setting your targets

Before you start to increase your walking it is important to know how much you are currently doing. The best way to do this is to wear the pedometer and record your step-counts each day for a full week. Weekends and weekdays can be quite different, so try and record for a full week. Don't increase your walking this week, just do what you normally do, or your targets will be too high and too hard to achieve.

Record your step-counts here:

Date	Day of week	Daily pedometer step-count

Now add up all the daily step-counts. **Your total step-count = .....**

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**.

### PACE-UP 12 week walking programme

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

**Remember:** 1500 steps equals about 15 minutes of walking & 3000 steps equals about 30 minutes of walking.

## Week 1 of your walking plan – week 1 diary

Your aim for week 1 is to add in an extra **1500** steps on **three** or more days this week to your baseline steps. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps +1500**) on **three** or more days this week.

One good way to do this is to add in a 15 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 15 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **3** or more days this week?

- YES, I achieved my target..... Well Done!
- NO.....Don't worry you have another week to meet the same target.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## Tips and motivators

Remember walking should be brisk, but not uncomfortable. Fast enough to make you warm and aware of your breathing, but you should still be able to walk and talk. One way to tell if you are walking at moderate intensity is if you can still talk, but you can't sing the words to a song!

Make walking part of your daily routine, in order to keep up the changes:

Can I fit in an **extra** walk?

Can I **increase** what I do already?

E.g. 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.

If you prefer to, you can get your extra 1500 steps or your extra 15 minutes of moderate intensity physical activity on some days by doing more of other activities you enjoy, such as dancing, playing in the park with your children or grandchildren, or playing badminton or tennis, cycling, or mowing the lawn!

*Walking is man's best medicine. ~ Hippocrates*

*Make your feet your friend. ~J.M. Barrie*

## Week 2 of your walking plan – week 2 diary

Your aim in week 2 is to add in an extra **1500** steps on **three** or more days this week to your baseline steps again. This gives you a **target** to achieve a total step count of at least ..... (**baseline steps + 1500**) on **three** or more days this week.

One good way to do this is to add in a 15 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 15 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **3** or more days this week?

- YES, I achieved my target.....Well Done!
- NO.....Don't worry, try again next week.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## Tips and motivators

Make walking part of your daily routine:

- 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 have to walk a little further.

Remember your personal benefits from increasing walking (see page 3 of PACE-UP handbook)

What things are important to you in your life that might be improved through increasing your activity and fitness levels? For example: health benefits, weight loss, increased energy, improved mood, how you feel about your appearance?

What might be the impact and gains of these changes for **you**? For example:

- I would be able to get back to playing sport with my friends
- It would feel great to be able to wear some new outfits
- I could do more with my time
- I could keep playing actively with my children or grandchildren
- My personal gains.....

If you are falling behind your targets

- Don't give up
- If necessary "tread water" , that is, do the same for one week, rather than give up completely
- Turn to week 5 of your walking plan for some tips on overcoming obstacles

*Walking: the most ancient exercise and still the best modern exercise. ~Carrie Latet*

### Week 3 of your walking plan – week 3 diary

Your aim in week 3 is to add in an extra **1500** steps on **five** or more days this week to your baseline steps. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps + 1500**) on **five** or more days this week.

One good way to achieve this is to add in a 15 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 15 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved my target.....Well Done!
- NO.....Don't worry you have another week to meet the same target.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.



## Keep it up!

Remember to praise and reward yourself for any success that you have achieved so far, no matter how small it seems! This will help motivate you to keep going.

Examples:

- Spend time noticing any changes in your fitness or appearance
- Plan something you enjoy such as meeting a friend or watching a football match
- Give yourself some time to relax such as having a bath, a cup of tea or read a paper
- Wear those clothes you have been waiting to get in to

**Walking with others makes the activity more enjoyable**, so you may be more likely to go for the walk and to keep going.

Could you:

- Plan some walks with friends and family?
- Plan a walk to an activity you enjoy?
- Join a walking group to meet like-minded walkers and make some new friends at the same time?
- Walk the dog or a neighbour's dog?

*People say that losing weight is no walk in the park. When I hear that I think, yes, that's the problem. ~Chris Adams*

## Week 4 of your walking plan – week 4 diary

Your aim in week 4 is to add in an extra **1500** steps on **five** or more days this week to your baseline steps again. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps +1500**) on **five** or more days this week

One good way to do this is to add in a 15 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 15 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved my target.....Well Done!
- NO.....Don't worry, try again next week.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## **Keep motivated!**

Well done so far! Are you remembering to give yourself **praise** and small **rewards** for any progress that you make?

Please remember to write down your daily step-counts. Seeing the progress you are making in black and white can really help to keep you going.

Asking for support and encouragement from family and friends can also be very helpful for keeping up the changes.

Notice the changes and benefits. What do I notice and what do others see? Pay attention to any compliments!

*The best remedy for a short temper is a long walk. ~Jacqueline Schiff*

## Week 5 of your walking plan – week 5 diary

Your aim in week 5 is to add in an extra **3000** steps on **three** or more days this week to your baseline steps. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps + 3000**) on **three** or more days this week.

One good way to achieve this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on 3 or more days this week?

- YES, I achieved my target.....Well Done!
- NO.....Don't worry, you have another week to meet the same target.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## Now we are moving!

Often increasing your walking means planning ahead and overcoming obstacles

Think about some of the obstacles that make you less likely to walk and how you could overcome them:

**Obstacle:** “I don’t have the time to do a 30 minute walk .... I am so pushed for time already”

**Solution:** You don’t have to do your 30 minute walk in one go, you can break it up into walks of 10 or 15 minutes, spread throughout the day.

**Obstacle:** “It’s raining and I’ll be soaked when I arrive for the meeting”

**Solution:** Dress for the weather or plan the walk on a different day or in a different place like an indoor shopping centre

What are the barriers that make **you** less likely to walk? These might include:

- Places that make it more difficult to be active, e.g. at work in an office
- Other activities that might get in the way
- People who make it more difficult to keep up your walking
- Thoughts and feelings, e.g. feeling fed up, tired or lethargic
- Physical symptoms and reactions e.g. back pain or a physical health problem

Think about how you might overcome these obstacles. List a range of possible solutions and be prepared to experiment to find out what works best.

*“Motivation is what gets you started. Habit is what keeps you going.” Anonymous*

## Week 6 of your walking plan – week 6 diary

Your aim in week 6 is to add in an extra **3000** steps on **three** or more days this week to your baseline steps again. This gives you a **target** to achieve a total step count of at least ..... (**baseline steps + 3000**) on **three** or more days this week.

One good way to achieve this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your target of a total step-count of at least ..... on 3 or more days this week?

- YES, I achieved my target.....Well Done!
- NO.....Don't worry, try again next week.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## **How to make these changes a permanent part of your life**

**Interest:** Are there new walks you could try? Where might you enjoy walking in your local area?

- The local park
- Countryside or woodlands
- Riverside walks
- Tourist attractions in central London
- Look at the suggested useful websites on the back page for ideas

**Time/means:** What can you not do in order to make time for your walks and make it a priority?

**Gains: What changes have you noticed so far?**

Take a moment to think about what you have achieved so far.

Has there been any change in your walking pattern and step-count since starting this programme? Do you feel any different? Are there changes in your weight, waist size, mood or energy levels?

**If so, well done!** Give yourself a pat on the back. Keeping these changes going can lead to real benefits that last over time.

*I have two doctors, my left leg and my right. ~G.M. Trevelyan*

## Week 7 of your walking plan – week 7 diary

Your aim in week 7 is to add in an extra **3000** steps on **five** or more days this week to your baseline steps. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps + 3000**) on **five** or more days this week.

One good way to achieve this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on 5 or more days this week?

- YES, I achieved my target.....Well Done! You might like to try to increase your speed
- NO.....Don't worry you have another week to meet the same target.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.



## Maintain the gain

Safe and steady exercise (pacing) gets you fit and keeps you healthy!

Many people believe they should only be active on 'good' days when they feel 100% fit and well. However, gentle activity has many benefits such as increasing energy, reducing tiredness and improving your mood.

If you are tired or under the weather try reducing your walking to a lower level rather than stopping altogether. Then build up again as you start to feel better. This will help to build up your fitness steadily over time.

### Tips for safe exercise

- Alternate heavier physical exercise with more moderate or gentle activity the following day (e.g. follow a long walk with a gentle stroll the next day)
- Stop before you get exhausted
- Try to balance activities across the week
- Start slowly and build up gradually. Schedule in rest breaks if you need them
- Break the activity into smaller stages (e.g. 10 minutes) if you need to
- Minimise the amount of time you spend being sedentary (sitting)
- Avoid vigorous activity if you are unwell, injured or fatigued, and check with your doctor if you are unsure

*Walking gets the feet moving, the blood moving, the mind moving. And movement is life.  
Carrie Latet*

## Week 8 of your walking plan – week 8 diary

Your aim in week 8 is to add in a walk of **3000** steps on **five** or more days this week to your baseline steps again. This gives you a **target** to achieve a total step count of at least ..... (**baseline steps + 3000**) on **five** or more days this week.

One good way to do this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved both targets.....Well Done! You might like to try to increase your speed.
- NO.....Don't worry you have another week to meet the same target.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## Be busy being active!

Remember being **busy** and being **active** are not the same thing! You can be very busy all day but still get little physical activity. The pedometer helps you to see how active you really are.

What makes it easier for you to keep up your walking?

- **Places**, e.g. walking to the park to eat lunch
- **People** who encourage and support you in making the change. What could you ask them to do?
- **Thoughts, attitudes or emotions** that motivate you and make it more likely to happen. What could you say to yourself to help?
- Notice the benefits and gains to your health, stamina, appearance

Now, think about how these positive places, people and attitudes could help you keep up your walking.

Write down your own tips here:

*If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk. ~Raymond Inmon*

## Week 9 of your walking plan – week 9 diary

Weeks 9-12 of your walking plan are about trying to maintain what you have achieved, adding in an extra **3000** steps per day to your baseline steps on **most days of the week**.

If you haven't achieved this, these weeks are another opportunity for you to achieve this goal. If you have achieved this, you could try increasing your walking speed.

Your aim in week 9 is to add in an extra **3000** steps on **five** or more days this week.

This gives you a **target** to achieve a total step-count of at least .....

**(baseline steps + 3000)** on **five** or more days this week

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved my target.....Well Done! You might like to try to increase your speed
- NO.....Don't worry you have another 3 weeks to meet the same target.

## Change does not happen in a straight line!

Successfully making a change like increasing your walking is not a smooth process and usually involves some ups and downs. Most people experience some setbacks before things pick up again.

Don't get disheartened or give up when you experience a setback - see it as an opportunity for learning what went wrong.

Key points for coping with setbacks:

- Don't be too hard on yourself – and don't give up! Missing a few walks is not a failure unless you let it become one. If you need to, drop back to an earlier stage and start building up again from there.
- Avoid 'risky' situations, for example, don't sit down to watch your favourite TV programme 10 minutes before you are due to go for a walk
- Plan to overcome possible obstacles: for example, carry a banana in your bag to eat if you get hungry out walking
- Remember to give yourself rewards for your successes
- Remind yourself why you wanted to be involved in this programme, to increase your walking, and the reasons why it is important **for you** to increase your activity and fitness levels

*The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose. ~ Charles Dickens*

## Week 10 of your walking plan – week 10 diary

Weeks 9-12 of your walking plan are about trying to maintain what you have achieved, an extra **3000** steps per day on **most days of the week**. If you have already achieved this, you could try increasing your walking speed.

Your aim in week 10 is to add in an extra **3000** steps on **five** or more days this week to your baseline steps again. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps + 3000**) on **five** or more days this week

One good way to do this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved my target.....Well Done! You could try to increase your speed.
- NO.....Don't worry you have another 2 weeks to try with the same target.

## Make it a Healthy Habit!

Walking at moderate intensity for 30 minutes on 5 or more days per week regularly will bring health benefits. You can increase the health benefits by walking for longer or by walking faster.

Alternatively comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous activity. Vigorous intensity activity will make you warmer and breathe much harder and make your heart beat rapidly, making it difficult to carry on a conversation. Examples include: running, sports such as football or swimming.

### Building regular exercise habits

By making exercise into a habit, it will be easier to keep going in future. For example, walking at the same time of day will help to build good habits.

### Create an “If...Then Plan”

If-then plans can be helpful to **prevent setbacks** e.g:

- **If** I am tempted to go to the pub instead of going walking **then** I will ring my friend and ask him to come with me

Or they can be used for **pacing**:

- **If** I am very tired, **then** I will try a gentle 10 minute walk rather than putting it off completely

Or they can be used to build good habits, e.g.:

- **If** I am going to the shopping centre, **then** I will walk up the stairs instead of taking the lift

What if-then plans could help you to keep up your walking goals?

*In every walk with nature one receives far more than he seeks.  
~ John Muir*

## Week 11 of your walking plan – week 11 diary

Weeks 9-12 of your walking plan are about maintaining what you have achieved, an extra **3000** steps per day, on **most days of the week**. If you have already achieved this, you could try increasing your walking speed.

Your aim in week 11 is to add in an extra **3000** steps on **five** or more days this week to your baseline steps again. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps + 3000**) on **five** or more days this week.

One good way to do this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more today? Yes or No	Daily pedometer step-count	Did you achieve your step-count target today? Yes or No

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved my target.....Well Done! You could try to increase your speed.
- NO.....Don't worry you have another week to try with the same target.



## **I've Changed!**

Think about how you will keep up your walking when this programme finishes. The health benefits will only stay with you if you keep up your regular walking.

Have you got a friend you could commit to walking regularly with?

Could you join a local walking group or go on local health walks?

Keep your pedometer somewhere safe. If you feel that you are slipping with your walking, get it out again and use it for a couple of weeks to get yourself back on track.

## Week 12 of your walking plan – week 12 diary

Weeks 9-12 of your walking plan are about maintaining what you have achieved, an extra **3000** steps per day, on **most days of the week**. You could also try increasing your walking speed.

Your aim in week 12 is to add in an extra **3000** steps per day on **5** or more days this week to your baseline steps. This gives you a **target** to achieve a total step-count of at least ..... (**baseline steps + 3000**) on **five** or more days this week.

One good way to do this is to add in a 30 minute walk.

You can record both your step-counts and walks here.

Date	Day of week	Did you add a walk of 30 minutes or more? Yes or no	Daily pedometer step-count

Did you achieve your **target** of a total step-count of at least ..... on **5** or more days this week?

- YES, I achieved my target.....Well Done! You might like to increase your speed
- NO.....Don't worry, try again next week.

Think about **when** you can fit in the walks, **where** you will walk and **who** you might walk with.

## **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?

Go back over the Tips and motivators (on the other side of your diary sheets) and think about the ones that helped the most. Write some reminders below so you can keep up the changes:

.....

.....

.....

.....

### **Keeping going when your **PACE-UP** walking programme finishes**

- Keep the habit of going for a 30 minute walk or doing 30 minutes of other moderate activity to keep up your step-count, most days of the week.
- Keep your pedometer and use it sometimes to show you how active you are. It is easy to be very busy without being very active, the pedometer shows you accurately how many steps you are taking.
- Remind yourself about what you have achieved by increasing your activity and any positive benefits it has had on your health, weight, mood, sleeping etc. This may motivate you to keep up good habits, or to try again if you feel you have slipped back.
- Enlist a friend or family member to walk with you, it is easier to walk regularly and walk further if you have some company.
- Try out new walks near you or think about a walking group, the websites listed have lots of ideas for local walks, or your local library will have information.

## Useful websites

### For walking

- [www.whi.org.uk](http://www.whi.org.uk) useful help for people to do short walks in their area
- [www.walk4life.info](http://www.walk4life.info) this website helps you to find a walk nearby, make up a walk you can do every day, or keep a track of your walking activity
- [www.walkit.com](http://www.walkit.com) the urban walking route planner, gives you a route map between any two points including your journey time
- [www.mapmywalk.com](http://www.mapmywalk.com) find local walking routes near you
- [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) find a walk, join a local walking scheme and learn about the benefits of walking for health



### For generally keeping active and healthy

- [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness) for UK physical activity guidelines for adults and older adults, fitness videos and exercises for all age groups
- [www.nhs.uk/change4life/pages/get-going-every-day.aspx](http://www.nhs.uk/change4life/pages/get-going-every-day.aspx) find ways to get active for free
- [www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active](http://www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active) for ways to be more active and how it will help you
- [www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx](http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx) if you have achieved your walking targets and want to do more, the couch to 5km website provides guidance on how to safely and gradually increase your walking to jogging.

