Step Challenge for Travellers

WALK OR STEP CHALLENGE

Move more, sit less, for your heart and your health
How much activity?

■ For good heart health aim to be active for at least 30 minutes five days a week at a medium pace.
■ At moderate intensity you should feel your heart beating faster and your breathing becoming quicker. But you should still be able to talk and have a chat.

Walk for heart health

Walking is easy, free and gets you out and about in the fresh air.

Walking can:
■ Reduce your risk of heart trouble.
■ Help you manage your weight.
■ Help control your blood sugar and prevent type 2 diabetes.
■ Help your bones stay strong.
■ Help you feel more relaxed.

Being more active is good for your heart

♥ Heart disease and stroke is the number 1 killer of Traveller men and women in Ireland.
♥ Being active for at least 30 minutes five days a week can help prevent heart disease and stroke.
Step Challenge
The aim of the step challenge is for you to build up to 10,000 steps per day, over four or five weeks
■ Use a pedometer to count your steps.

Doing the Step Challenge
■ Write down the number of steps you take each day in the record sheet.
■ Gradually add 300-500 more steps each day.
■ Spend less time sitting.

All Steps Count
Walking 10,000 steps can include:
■ Doing jobs around the house.
■ Going up and down stairs.
■ Walking to the shop, school, health centre or post office.
■ Going for a walk with friends and family.

Walk Challenge
■ The Walk Challenge is like the Step Challenge but you don’t need a pedometer.
■ Aim to walk least 30 minutes five days a week or a total of 150 minutes a week at a moderate intensity.
■ Write down the number of minutes you walk each day in the diary.
■ If you are not very active already, gradually build up to the 30 minutes.

Listen to your body
■ Never push your body too hard, especially if you have high blood pressure, are getting older or have a heart condition.
■ Stop immediately if you feel unwell or are in pain.
■ Consult your doctor if your symptoms remain or return.

10,000 STEPS = 8KM OR 5 MILES
Record sheet for Step or Walk Challenge

**Step Challenge:** Record your steps

**Walk Challenge:** Record your minutes

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**Start date:** .......................................................... **Finish date:** ..........................................................

If you are worried about any aspect of your health, you should consult your doctor before starting the Step or Walk Challenge.

The **Irish Heart Foundation** is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health strategies, support research and provide vital public information. Thank you for your support.

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**National Heart and Stroke Helpline:**
Freefone 1800 25 25 50
Monday to Friday
10am to 5pm

**Web:**
www.irishheart.ie
www.stroke.ie

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**Pavee Point Traveller and Roma Centre**
46 North Great Charles Street, Dublin 1.

**Phone:** +353 1 878 0255
**Web:** www.paveepoint.ie

For more information on heart disease and stroke, talk to an Irish Heart Foundation nurse in confidence on our Heart and Stroke Helpline, **Freefone 1800 25 25 50**