

Centre number:  
Patient ID:

## A pedometer intervention to increase walking in adults

### PACE-UP *trial*

#### PARTICIPANT CONSENT FORM

Name of Chief Investigator: Dr Tess Harris, MBBS, MRCGP, MD, Senior Lecturer in Primary Care

Please initial box

I confirm that I have read and understood the information sheet dated 20/11/2012 (Version 1.7) for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.

☐

I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my medical care or legal rights being affected.

☐

I give permission for my GP records to be looked at by responsible individuals from St George's, University of London.

☐

I give permission for data collected during the study to be stored securely at St George's University of London.

☐

I agree to having an interview with a researcher to find out how I felt about taking part in the study, if I am selected for this, and for this interview to be audio-recorded.

☐

I agree to my GP being informed of my participation in the study.

☐

I agree to take part in the above study.

☐

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of person taking consent

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Participant telephone number.....

Participant mobile number.....

Participant email address .....

## 3 year follow-up of the PACE-UP trial

### PARTICIPANT CONSENT FORM

Name of Chief Investigator: Dr Tess Harris

**Please initial box**

I have read and understood the information sheet dated 25/06/2015(version 2.0) for the above study. I have had the opportunity to consider the information and to ask questions.

☐

I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my medical care or legal rights being affected.

☐

I agree to take part in the above follow-up study.

☐

I agree to my GP being informed of my participation in the study.

☐

I agree to being contacted for a short telephone interview about my physical activity if I am selected for this.

☐

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Participant telephone number.....

Participant mobile number.....

Participant email address .....

Please return the top (white) copy of the filled in consent form in the SAE provided  
Keep the bottom (pink) copy for your files.

# 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.
- Please put the pedometer on as soon as possible after getting out of bed and please wear it all times during the 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 **PACE-UP** trial

- What do I do if I lose my pedometer or it stops working?  
*Contact the PACE-UP research assistant for a replacement (see below).*
- 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?  
*Just start with the next week, as soon as you can.*
- What if I am injured and can't continue with the walking programme?  
*Contact the research assistant and let her know.*

**Your average daily step-count from the baseline assessment was .....**

Your PACE-UP research assistant is:

To contact her ring or text on..... or email her on.....

## 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 ..... 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 ..... 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 6 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 ..... 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.

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 ..... 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 ..... 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
- River Thames or Wandle
- Tourist attractions in central London
- Look at the suggested websites in part 3 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 ..... 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 ..... 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 ..... 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 ..... 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 ..... 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. If you lose your pedometer or it stops working before the 12 month follow-up for this trial, you can ask the research assistant for a replacement.

Thoughts come clearly while one walks. ~Thomas Mann

## 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 ..... 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 12-week walking programme!**

Why not take a few minutes to think about the changes you have made over this time?

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:

[illegible]

## 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 near to where you live, 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

### 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/letsgetmoving](http://www.nhs.uk/letsgetmoving) to find out more about getting active in your local area

[www.bhf.org.uk/keeping\\_your\\_heart\\_healthy/staying\\_active.aspx](http://www.bhf.org.uk/keeping_your_heart_healthy/staying_active.aspx) for ways to be more active and how it will help you

## How to keep 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.

### Keeping in contact with us

- We will contact you at the end of your 12 week programme and arrange for you to wear the accelerometer again and to fill in some questionnaires about your activity.
- We will ring, text or email you, as you prefer, after 6 months and 9 months to see how things are going.
- We will contact you a year after you started the study and arrange for you to wear the accelerometer again and fill in some questionnaires, to see if you have managed to keep up your walking.
- If you need to tell us about any problems you have had with walking (e.g. falls, sprains, injuries), or if you are moving, you can contact us at any time.
- If you lose your pedometer or it stops working and you would like a replacement you can ring or email us and ask for one.
- To contact us - your research assistant is..... mobile number is ..... her email is .....

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# PACE-UP

## Handbook

A 12-week guide to help **you**  
to increase **your** walking.....

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



# The **PACE-UP** handbook

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PACE-UP is being run from six general practices in South West London. It aims to encourage people aged 45-74 years to increase the amount of walking they do to achieve the recommended levels of physical activity for health benefits.

It is funded by the Department of Health through the National Institute of Health Research, Health Technology Assessment Programme.

Your research assistant for the PACE-UP trial is called .....

You can telephone them on .....

or email them .....

## Part 1: What are the benefits of increasing your walking?

### Reduce health problems

Walking regularly can prevent or improve:

**Heart disease, Stroke**  
**Diabetes, High blood pressure**  
**Osteoporosis, Several cancers**  
**Arthritis and back pain**



### Improve wellbeing

Walking regularly can:

**Relieve stress, anxiety and depression**  
**Make you feel happier**  
**Increase your energy and fitness**  
**Help you to sleep better**  
**Improve your quality of life**  
**Get you out of the house meeting people**



### Reduce some of the effects of ageing

Walking regularly can:

**Improve flexibility and balance**  
**Protect against developing dementia**  
**Maintain mobility and being able to live independently**



### Help maintain a healthy weight

Walking regularly can:

**Help you to maintain a healthy weight**  
**Prevent obesity**



Which of these benefits are most important for you?

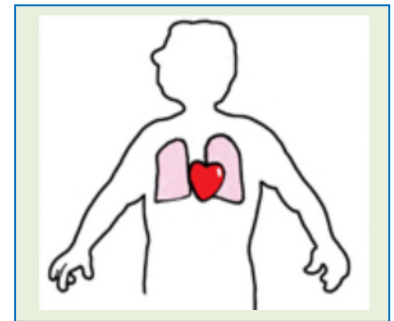
## How much physical activity should you do?

You should aim to be active daily. Over a week, activity should add up to at least **150 minutes** (2½ hours) of **moderate intensity activity** in **bouts of 10 minutes** or more.

One good way to approach this is to do **30 minutes activity** on **at least 5 days a week**. This is part of the UK physical activity guidelines for health for adults and older adults (see [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness))

### Moderate intensity activity means that you should:

- **Begin to breathe a bit quicker**
- **Feel your heart beating a bit faster**
- **Feel warmer**
- **You should still be able to talk whilst you are doing moderate activity.**



## How can walking help?

Walking at approximately 3 miles (5 km) per hour counts as moderate intensity activity.

This can be translated into steps per minute and measured with a pedometer.

Roughly **1500** steps in **15** minutes counts as **15 minutes** of moderate intensity activity.

Roughly **3000** steps in **30** minutes counts as **30 minutes** of moderate intensity activity.

**PACE-UP aims to increase the amount that you walk each week, using a target number of steps measured by a pedometer.**

**The UK physical activity guidelines also advise that all adults and older adults should minimise the amount of time that they spend being sedentary (sitting) for extended periods. Taking regular short walks can help you to do this.**

## Part 2: What is the **PACE-UP** walking programme?

The plan is to start from where **you** are currently and to gradually increase the amount you walk over 12 weeks.



Use the **pedometer** to record the number of steps you do each day and write them in your PACE-UP diary.

Weeks of PACE-UP walking programme	Target number of steps
1-2	Add in 1500 steps on 3 or more days per week
3-4	Add in 1500 steps on 5 or more days per week
5-6	Add in 3000 steps on 3 or more days per week
7-12	Add in 3000 steps on 5 or more days per week
<p style="text-align: center;"><b>Remember</b></p> <p><b>1500 steps equals about 15 minutes of walking &amp; 3000 steps equals about 30 minutes of walking.</b></p>	

### What does this mean for you?

**From the pedometer worn at baseline your average number of daily steps was .....**

**Your 12 week programme will be as follows:**

Add in extra steps to your baseline average of .....steps per day. Record your daily step-count on the PACE-UP diary sheets.

**First month** add in 1500 steps per day (which is about equal to a 15 minute walk), gradually increasing from 3 to 5 days per week

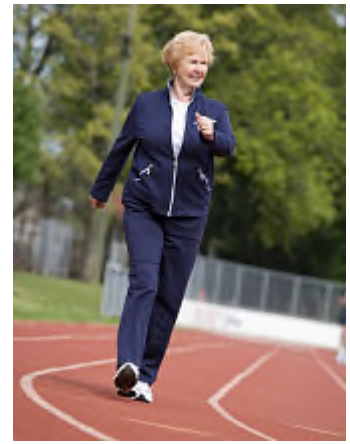
**Second month** add in 3000 steps per day (which is about equal to a 30 minute walk) gradually increasing from 3 to 5 days per week

**Third month** is maintenance, keep on adding in 3000 steps per day (about equal to a 30 minute walk) on at least 5 days per week.

**By the end of 12 weeks the aim is for you to be walking an extra 3000 steps most days of the week. If you can do this, your average number of daily steps should have increased to about ..... steps.**

## How can you increase your walking in a safe way?

- **Start low-and-go-slow!** This means making any changes in a gradual way.
- **Gradually increase** both the amount of walking that you do (the number of steps per day) and the intensity (how fast you walk).
- **Walking at a moderate intensity is safe** for most people. If you find it difficult to do 1500 steps in 15 minutes, then you can go more slowly at first and build up gradually.
- **Wear sturdy shoes or trainers** when you walk. You will be less likely to cause pain in your feet and other joints.
- **If you feel at all unsteady**, try using a walking stick or walking with a friend.
- **Take some water with you** if you are walking a long distance, especially if it is hot weather.
- **Regular walking is good for arthritis and back pain**, but if walking aggravates these problems, you may have done too much too quickly. Rest for a day or so and then try doing slightly less next time.
- **If walking more or faster gives you chest pain, palpitations or dizziness**, or makes you feel faint or fall over, you should stop doing it and tell your GP.
- **If you are concerned about street safety**, identify your local crime hotspots in your area by putting your postcode into <http://www.police.uk> and check out advice on keeping yourself safe on <http://www.suzylamplugh.org/personal-safety/personal-safety-tips/street-safety>



**Now you are ready to start!**

**Try out your pedometer and check you are happy with the instructions in your PACE-UP walking diary.**

**Then start with week 1 of the PACE-UP walking programme.**

### **Part 3: 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 near to where you live, 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

#### **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/letsgetmoving](http://www.nhs.uk/letsgetmoving) to find out more about getting active in your local area

[www.bhf.org.uk/keeping\\_your\\_heart\\_healthy/staying\\_active.aspx](http://www.bhf.org.uk/keeping_your_heart_healthy/staying_active.aspx) for ways to be more active and how it will help you

## Part 4: How to keep 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.

### Keeping in contact with us

- We will contact you at the end of your 12 week programme and arrange for you to wear the accelerometer again and to fill in some questionnaires about your activity.
- We will ring, text or email you, as you prefer, after 6 months and 9 months to see how things are going.
- We will contact you a year after you started the study and arrange for you to wear the accelerometer again and fill in some questionnaires, to see if you have managed to keep up your walking.
- If you need to tell us about any problems you have had with walking (e.g. falls, sprains, injuries), or if you are moving house, you can contact us at any time.
- If you lose your pedometer or it stops working and you would like a replacement you can ring or email us and ask for one.
- To contact us: Research Assistant ..... mobile .....  
email ..... or [pace-up@sgul.ac.uk](mailto:pace-up@sgul.ac.uk)

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