



North
Lincolnshire

Walk Out Of Debt

This national walking month (**May 2022**) we are asking you to take on a fundraising challenge and walk out of debt.

It costs us approximately **£150** to support people on their journey out of over indebtedness.

Gather sponsorship and raise money by walking.

There are a few ways you can get involved:

Walk for a collective time of 150 minutes. You could do this every week for the whole of May, for one week, two weeks, however long you like.

- The recommended amount of exercise you should do every week is at least 150 minutes.
- Walk for 150 minutes and enable our advisers to provide £150 worth of support.

Take on a greater challenge and walk 150 kilometers (93 miles) over the course of the month.

- This equates to around 5 kilometers a day (3 miles) if you split it evenly.
- Walk 150 Kilometers and enable our advisers to provide £150 worth of support.

Raise £150 over the course of the month in aid of providing the support for one person on their journey.

- Take on any kind of walking challenge you like; do any of the above ideas, or come up with your own such as walking 10,000 steps everyday!



Like an idea and want to get involved? We can set you up with a sponsorship page on our online donation platform.

Please email your interest to fundraising@citizensadvicenlincs.org.uk and we can get you set up and support you on your fundraising challenge!

Tips and Tricks

Track your walking:

If you have a smart watch, exercise watch, fit bit, tracking app on your phone, etc. you can track your walking progress. Record your routes, time, and miles/kilometers. This allows you to see your goal progress and you can also share this with your social media, friends, family, and supporters so they can see too! This is also a great way to increase your sponsorship as people can see your dedication and keep updated!

Take pictures whilst doing your challenge!

Take lots of photos of yourself, where you are, and what you are doing to get the steps in and walk. Share these photos on your social media, to friends, family, and supporters, so they can see the different ways and places you are walking!

Walking ideas

There are many ways you can incorporate more walking into your life and daily routine!



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- ★ Take a look on <http://www.visitnorthlincolnshire.com/item/walking/> to find many different walking routes around North Lincolnshire.
- ★ Go for a dog walk. If you don't have a dog, why not walk your neighbors, friends, families?
- ★ Join a walking group- Walking the Way to Health in North Lincolnshire has many walks you can join. At different locations, times, and lengths.
<https://www.walkingforhealth.org.uk/walkfinder/north-lincolnshire-health-walks>
- ★ Get off the bus a stop earlier.
- ★ Walk to work, college, university, etc.
- ★ Park your car a little bit further away than your destination.
- ★ Instead of sitting down and watching netflix, why not walk at the same time (treadmill, walk on the spot, around the room, etc.)
- ★ Have a walking meeting. Instead of sitting at a desk to have a meeting, why not walk and talk. Brainstorming can be better because you are thinking whilst moving around!
- ★ Instead of meeting friends at a coffee shop or cafe, get a coffee to go and have a walk together.
- ★ Run errands on foot- don't drive!
- ★ Walk to your destination instead of driving.
- ★ Go for a casual walk, fast walk, incline walk, hiking, etc.
- ★ Always take the stairs.
- ★ Do some gardening- Cut the grass!
- ★ Following a walking plan to keep yourself on track and hold yourself accountable.
- ★ Try a walking workout video. Perfect for if the weather is bad or you just don't want to go outside!

Benefits of Walking

There are so many benefits to walking - It offers many health benefits alongside helping to prevent certain diseases and prolongs life!

- 1. Improves sleep:** More activity can improve the quality of your sleep. Your overall quality of life can be improved by good sleep!
- 2. Reduces stress:** Exercise releases endorphins which helps to improve your mood. Walking is also a great escape and a way to zone out helping you to feel less stressed.
- 3. Saving money:** A great way to save money is to incorporate more walking into your life and less driving. You can save a lot of money on fuel and this is also helping the environment! Walking is also free and there are so many wonderful places to explore.
- 4. Maintain a healthy weight and lifestyle:** Walking regularly helps you to maintain a healthy lifestyle by burning calories, strengthening muscles, and toning up. Walking also increases your energy levels and enables you to feel less tired in the long term
- 5. Supports people in the community who rely on our service to get the help they desperately need:** Walking has so many benefits for you- walking with the aim to benefit other people too is appreciated massively by us and by the people who need us.

One day you might need us... but right now we need you.