

# STAYING FIT & HEALTHY

Walking is an excellent form of exercise for people of all ages and abilities. As our Coastal Challenge is a lengthy 13.1 Miles, it will pay to be a little prepared physically by perhaps doing a few shorter practice walks and staying generally fit and healthy. Below we have listed some helpful tips to get you feeling confident to conquer our route.



## On the move

Start to build your strength and fitness by getting your body moving. Doing some form of physical exercises, such as a walk, yoga or even a cycle.



## Get to Bed

Sleep is vital to help you function at your best. Get into a good sleep pattern. 7-9 hours of sleep per night are recommended.



## Hydration

Aim to drink 2-3 litres of fluid a day. The key is to drink regularly throughout the day. As well as helping bodily functions, being well-hydrated also improves sleep quality, cognition, and mood.



## Eating Well

A balanced diet supplies the nutrients your body needs to work effectively. Eat a wide variety of foods from the 5 main food groups. Make sure to have the right proportions to achieve and maintain a healthy body weight.



## Self Love

We all lack motivation from time to time. Bear this in mind and don't be hard on yourself. Recognise and challenge unkind thoughts. Take time to do something you enjoy and surround yourself with a good support network.



## Make it a Habit

If you plan and prioritise eating healthy and regular exercise, it will hopefully turn into a natural habit. Knowing that you have a routine to stick to can also help with your motivation.