

**the RACE is on ...**

**to HOST the COMMONWEALTH GAMES in 2014**

On November 9th in Colombo, Sri Lanka, all 71 members of the Commonwealth Games Federation will hold a secret ballot to decide whether Scotland or Nigeria will host the Commonwealth Games in 2014. This amazing event would transform Glasgow, give athletes the opportunity to compete at world-class facilities in 17 exciting sports, and let spectators and those watching at home see our fantastic country at its very best. Scotland would be left with a legacy of sporting achievement and brilliant venues that everyone would benefit from, and a whole generation of Scots would be inspired to take up sport and improve their health and wellbeing.

We are now in the final straight towards the finishing line, and everyone can help Scotland win top place.

## **How can you help Scotland win the race ?**

Scotland is a nation with sport running through our veins. Let's show the entire Commonwealth how sport can keep you fit, how physical activity, from a swim in the pool to a walk in the park can be good for you. From city centre to seashore and mountain ridge there is a walk for you, a path to follow through Scotland's magnificent scenery.

Please join the 1.7 million people and organisations who have already signed up to Back The Bid for Glasgow, at our website or by coming to see us at one of the events we'll be at in the next few months. It is quick and easy to Back The Bid, showing how eager we are to showcase Scotland to the world. You can visit our website now at

**[www.glasgow2014.com](http://www.glasgow2014.com)**,

where you'll also find films of our Athletes Village, news reports, detailed plans for the Games and interviews with athletes.

**We can do it – Back The Bid now !**





## Let's get moving!

Today we are spending too much time in the car, in front of the computer or television or just sitting around. Around 70% of Scots are not active enough. Most of us need to walk more to keep ourselves in good health. Let's all get walking so that, by 2014, we are the healthiest people on the planet.

The good news is getting active needn't be a chore or something that requires lots of time. Walking briskly for just 30 minutes, most days a week (60 minutes for children) meets the minimum recommendations for physical activity. This can even be split into two or three walks throughout the day! As a guide, walking briskly should make you breathe a little harder and feel a little warmer, but still let you talk easily.

## Get fit for tomorrow

Walking helps reduce the risk of heart disease, Type II diabetes and some cancers. It can help you manage your weight, sleep better and give you more energy. It's also a great stress buster – regular walking makes you feel good and can even reduce anxiety and depression.

Walking is also a great way to meet people and develop friendships. If you join a walking group there will be social activities and volunteering opportunities, as well as healthy exercise. You can spend time with friends and family, explore your local area, and help save the environment too.

## Getting started

Walking is the closest activity to perfect exercise. Almost anyone can do it and you don't need any special gear. All you need to get started are comfortable shoes, a jacket and a few spare minutes in your day. For most people, walking is a safe and easy exercise. If you have any doubts, speak to your doctor.

- Next time you're popping out to the post box or the local shop, why not try walking instead of taking the car?
- What about walking to work, or getting off the bus a stop earlier and walking the rest of the way?
- Lunchtime is a great chance to escape into a local park or green space to stretch your legs, or simply walk around nearby streets.
- At weekends, take advantage of time to explore new areas on foot.

## Contacts

For more information on walking and how to get started, see [www.ramblers.org.uk/firststeps](http://www.ramblers.org.uk/firststeps)

For more information on Ramblers Scotland contact:

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### Join us and find out about our local groups.

If you are really getting fit for 2014, discover how Ramblers Holidays can help you to walk across the world!  
– [www.ramblersholidays.co.uk](http://www.ramblersholidays.co.uk)



Registered charity number: 1093577

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