

Lifestyle  
أسلوب حياة



Let`s Walk | لنمشي

إدارة التثقيف الصحي - المجلس الأعلى لشؤون الأسرة

Let`s walk

«Anytime, anywhere»



## How does walking improve my life?



Reduces tension



Reduces risks of developing: Heart diseases, Strokes, Increased blood pressure, Diabetes, Arthritis, Osteoporosis  
Some types of cancers



Makes you happy



Regulates sleeping pattern



Discovering new walking areas around you



Improve social relationships



Environmentally friendly



Doesn't cost money



Strengthens your bone and muscles



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## How does walking improve my life?



Reduces back pain and strengthens the surrounding muscles



Using large muscles helps in regulating glucose levels and reduces risk of diabetes



Doesn't require any equipment



Loose extra calories



Can be practiced anywhere and everywhere





## What is the recommended walking duration?

There is no maximum limit for walking, as long you are capable to walk. However, scientists recommend walking for at least 30 minutes daily, and you can split it into 10 minutes during the day or 15 minutes in each round for 5 times a week or more

## What is the recommended speed for walking?

Always try to gradually increase your walking speed so your body can get used to it:

- ✓ Increase heart beats
- ✓ Increased breathing speed
- ✓ Feeling heat in your body
- ✓ Little pain in leg muscles
- ✓ You still can talk while walking

Once you reach the end of your walking time, reduce your speed gradually until you fully stop





## How can I increase my daily steps?

Increasing your daily steps count is easy; prepare a list of activities to finish throughout your day, this will help balancing between your total body calories and activity level

- Choose a parking slot far from the entrance or walk to the nearby grocery store
- Have a walk with your kids in the park.
- Walk while having phone conversation
- Use stairs instead of elevator or escalators
- Encourage your friend to join you for walking
- Track your daily steps through your smart device and set a daily goal and reminder to help you achieve it
- Set and arrange meetings in which members are standing rather than sitting on chairs
- Cook for yourself
- Play with your kids at home
- Wash your car
- Change your walking path





## What equipment needed to start walking?

Walking does not require special equipment or extra costs, but always try to follow these recommendations for a better experience:



Bottle of water



Choose a comfortable and breathable sport shoes



Apply sunblock if you are walking during daytime



Wear a hat to reduce sun heat



Wear sunglasses if needed



Wear breathable cotton clothes





# Where can I walk in Sharjah?



## Shaghrafa Park for women

Offers a jogging space of 1360 meters long and 3 meters in width (Rahmaniya area)



## Al Majaz Water Front

750 meters walking track surrounded by palm trees, which is equivalent to 15 minutes of walking



## Sharjah National park

Full of green areas, jogging and cycling track



## Kshisha Park

Offers a jogging space of 1360 meters long and 3 meters in width (Rahmaniya area)



## Alnoor Island

Feel the spirit of nature, with walking track of 3.5 meters



## Alittihad Park

Offers a jogging track which is 2.5 km long







# Where can I walk in Sharjah?



## General parks in residential areas

Only in Sharjah you can find a park at every residential area where you and your family can enjoy the green areas and playing yards for kids



## Alqasba

A place where you only can walk along the magical canal



## Wadi Shees (Valley)

The perfect place to relax and explore among the Hajar mountains. Following 500m of winding walkways, visitors can look out over the beautifully designed park. Lucky hikers can spot native species of plants and animals thanks to nearby freshwater sources



## Maliha

For those who love adventures and nature hiking experience in special routs organized by Mleiha Archaeological Centre







## Benefits of walking for breastfeeding mothers:



Walking helps increase energy in breastfeeding mothers which normally drops and lowers during the early months due to lack of sleep



Walking enhances mothers' mood: during the first six months post delivery hormones level in the body are not stable and may affect the mood



Walking helps mothers to lose weight gained during pregnancy



Walking reduces stress: milk supply affected by mood and stress levels. Relaxation improves the secretions of prolactin and oxytocin hormones for a better milk supply

## Tips for breastfeeding mothers during walking or exercise:

- Drink enough water to prevent dehydration which can affect the supply of milk
- Eat healthy snacks after exercising to prevent sudden drop in blood pressure and sugar



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## Benefits of walking for diabetic patients:

- Reduces glucose levels in the blood
- Increases insulin sensitivity
- Increases metabolism
- Improves sugar level and help in losing weight

## Tips for diabetic patients during walking or exercise:

- ✓ Monitor sugar levels in the blood before and after exercise
- ✓ If you experience any symptoms of low sugar level in the body, stop immediately and check your sugar level to prevent any dangerous complications
- ✓ While walking it is important to take some foods or drinks with you such as juice or honey in case you experience hypoglycemia during walking
- ✓ If you just started exercising, its advisable to gradually increase your exercise intensity
- ✓ If you are not able to walk for 30 minutes everyday, try to split it into 15 minutes or 10 minutes 3 times during the day
- ✓ Always ask your friends to accompany you while walking which will help you pass time faster without feeling, also it will keep you safe in case of an emergency or health issue



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## Benefits of walking for arthritis patients:

- Morning walks reduce arthritis symptoms
- Walking reduces joints and bones stiffness
- Walking improves flexibility and fitness level
- Help you reach your daily activity requirements

## Tips for arthritis patients during walking or exercise:

- ✓ Choose comfortable shoes to support your joints and prevent pain while walking
- ✓ Consult the doctor if your health status is suitable for physical activity
- ✓ Take a rest if you start to feel pain and don't force yourself to exercise if you are incapable
- ✓ Avoid doing exercises that are dangerous to your health, such as running or lifting weights as they can cause fractures or complications in the bones and joints
- ✓ Place a cold compression in swollen joints and visit your doctor if needed
- ✓ Take a healthy snack before exercising and keep drinking water



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## Benefits of walking for kidney patients:

- Improves blood circulation.
- Regulates blood pressure level.
- Boosts the energy.
- Maintains healthy weight.

## Tips for kidney patients during walking or exercise:

- ✓ Drink water as recommended by your doctor to avoid dehydration
- ✓ Be careful with sport drinks and watch the potassium and phosphorus levels in the attached label.
- ✓ Avoid wearing heavy clothes to avoid excessive sweating.



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## Benefits of walking for cancer patients:

Improves blood circulation

Reduces pain level

Boosts the energy

Reduces depression symptoms

Maintains healthy weight

Improves the ability to recover and reduces the risk of developing new tumors

Helps prevent lymphedema (a condition of swelling caused by treatment of the lymph nodes)

## Tips for cancer patients during walking or exercise:

- ✓ If you have bone cancer it's better to consult your doctor before starting exercise to prevent injuries.
- ✓ If you have low immune levels, it's better to exercise in less crowded places.
- ✓ If you experience side effects of any taken treatment such as loss of sensation and tingling in hands or foot, it is preferable to walk or exercise without carrying sports equipment.
- ✓ If you had a recent surgery consult your doctor before starting any exercise.
- ✓ Avoid heavy exercises and remember to always warm up and start gradually.

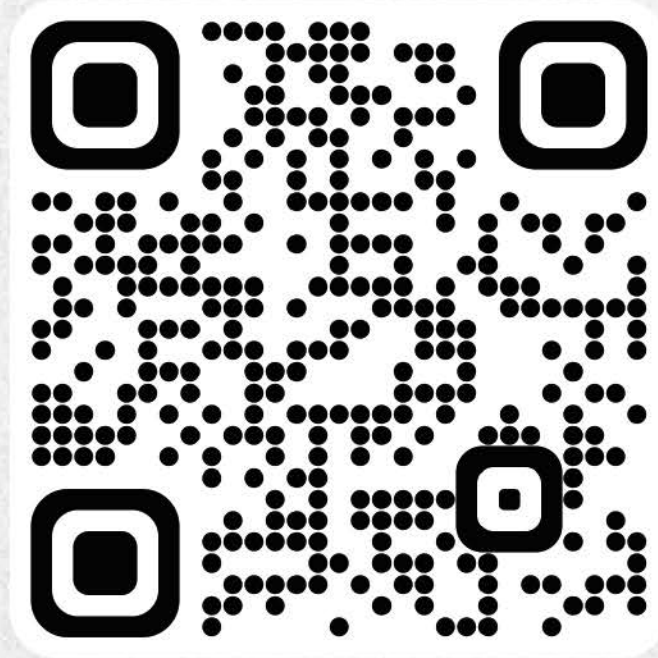


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Test your knowledge about walking  
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المجلس الأعلى لشؤون الأسرة  
Supreme Council For Family Affairs

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