



Step Out

for Scotland

Chest Heart & Stroke Scotland (CHSS) invites you to help us celebrate our Awareness Week this year by getting active and taking steps to improve your health. Step Out for Scotland with us and find out how easy it is to increase your physical activity and work towards a healthier future.

CHSS funds vital local services and provides group support, nurses, advice and information for people with chest, heart and stroke illness. Our message this year is simple. Everyone can take steps to be more active, whatever their ability. Whatever you do – and it can be as simple as walking, gardening housework or dancing - it all counts and it can be great fun too!

Activity ideas

- 1 Organise a walking event in a local park for colleagues or group members/volunteers/carers/friends and family.
- 2 During the week's activities see if you can combine your gym efforts to 'row across Loch Lomond' on the rowing machine, 'walk from Edinburgh to Glasgow or Inverness' on the treadmill or 'climb Ben Nevis' on the stepper.
- 3 The CHSS shops will be organising short local walks and 'buy one get one half price' offers. Go along and support them.
- 4 Organise a 'Bring your Pets' walk.
- 5 Get on the dance floor, ballroom, jive or jigging along from your chair – dance is great exercise. Why not organise a mammoth sponsored line dance and combine exercise with fundraising for the charity?
- 6 Set up sponsored lunchtime walks with your workmates and choose a new route each day.
- 7 Organise a treasure hunt round some local places of interest.



- 8 Be sponsored to leave the car behind for any journey less than 2 miles for a day or for the whole of Awareness Week! Encourage your friends and family also to take part in the challenge.
- 9 Count the number of steps you take in a day. Use pedometers to see who does the most and set a challenge to increase your daily total by 10%.
- 10 Organise a sporting event such as curling, bowls, rounders or golf.
- 11 Set yourself a challenge to complete in the garden. Plant your 2011 spring bulbs in CHSS colours!
- 12 Try out a seated exercise routine in your group and pick a lively backing track!

Get your fundraising event started

Our Awareness Week activities are a great way to fundraise for Chest Heart & Stroke Scotland, making a real difference to people around Scotland affected by chest, heart and stroke illness. To get your event kick-started, and for all the advice, information and materials you need, contact your nearest CHSS Regional Fundraiser:-

Edinburgh and East Scotland – Alison Bertram – 0131 225 4800 – alison.bertram@chss.org.uk
Glasgow and West Scotland – Andrea McIntyre – 0141 633 1666 – andrea.mcintyre@chss.org.uk
The North of Scotland (including Dundee and Perth) – Paul Corrigan – 01463 713 433 – paul.corrigan@chss.org.uk

What else is happening?

The week will get off to an early start with the **Dee Don Walkathon** in Aberdeen on Saturday 2nd October. This popular short walk along the promenade will be launched by footballing legend Joe Harper who had a stroke a few years ago and is a keen supporter of the charity. Then on the following day, Sunday 3rd October, our **Ultimate Abseil** offers the chance to drop 165ft from the iconic Forth Rail Bridge. This event has already raised well over £1 million for CHSS and the other

charities which have taken part over the years and we're hoping for a bumper turn out this time. The week ends with a bang with our **Cairngorm Charmer**, a challenging and very successful relay event set in the spectacular scenery of the Cairngorm National Park. Find out how to sign up for any of these or other upcoming events by calling our Fundraising hotline: 0800 31 60 555 or check the website www.chss.org.uk/fundraising.

www.chss.org.uk/stepout

Advice Line: 0845 077 6000

Working Together for a Healthier Future