

Step Out



for Scotland

Awareness Week 4 - 10 October 2010

Dear Colleagues and Supporters,

Welcome and thank you for supporting Chest Heart & Stroke Scotland's Awareness Week this year. In 2010 we are working with health professionals, CHSS support groups and affiliated groups, staff, volunteers and supporters to promote the key theme of Awareness Week: the importance of taking regular physical activity and increasing fitness levels.

It's really easy to join in - you just have to be as active as possible, taking one step at a time towards general fitness or towards recovery from chest, heart or stroke illness.

Just how you do it is up to you although we've come up with some great ideas to get you started. Perhaps you could organise a walking event in your local park for work colleagues or group members. Or set a team challenge to row, run or cycle a route such as Edinburgh to Glasgow or Inverness in the gym. Our CHSS shops around the country have organised easy Step Out for Scotland Walks - why not join them?

There will be a variety of activities taking place throughout Scotland during the week, all promoting our important work and helping you to achieve your own personal activity goals. If you're taking part in a Step Out for Scotland challenge, you might find that this is a brilliant opportunity to fundraise at the same time, getting sponsored step by step or mile by mile, raising money to help CHSS work towards a healthier future.

Your resource pack contains an Awareness Week poster with space at the bottom for you to promote your own event as well as activity sheets and information from our Publications Department. If you need further resources please email your request to stepout@chss.org.uk or browse our website and download materials at www.chss.org.uk/stepout.

If you want details of your event included in the press release we send out to your local paper then please email or fax the information to Jan, Katy or Liz in PR Department (jan.buncle@chss.org.uk). Thanks once again for supporting this year's Awareness Week and good luck with all your Step Out for Scotland activities.

The CHSS Awareness Week Team

Chest Heart & Stroke Scotland
65 North Castle Street, Edinburgh EH2 3LT
Tel: 0131 225 6963 Fax: 0131 220 6313 Advice Line: 0845 077 6000
Email: admin@chss.org.uk Website: www.chss.org.uk