



**YOUR
JOURNEY**
WITH ACTIVE TRAVEL

DID YOU
KNOW?

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about Active Travel



“
EVERY STEP, EVERY PEDAL AND EVERY ROLL
TOWARDS YOUR DESTINATION IS A JOURNEY TOWARDS
A HEALTHIER YOU.
”



CYCLING FOR BRAIN HEALTH

Regular cycling can boost brain health. It increases blood flow to the brain, which can improve memory and reasoning skills. In fact, studies suggest that cycling can increase brain volume in older adults, helping to counteract age-related brain shrinkage.

WALKING TO BOOST IMMUNITY

Walking, especially brisk walking, can significantly improve your immune system. A study found that those who walked at least 20 minutes a day, at least five days a week, had 43% fewer sick days than those who exercised once a week or less.



WHEELING FOR CARDIOVASCULAR FITNESS

Using a wheelchair or similar mobility device for regular movement can provide excellent cardiovascular benefits. It helps in improving heart and lung health, similar to how running or cycling affects able-bodied individuals.

WEEK ONE EXERCISES

STICK TO FRIDGE

SESSION ONE

GOOD



Walk

15 mins brisk walk



Strength

2 sets of 10 squats



Mobility

Cat-Cow Stretch, 1 min

SESSION TWO

GREAT



Walk

15 mins brisk walk



Strength

2 sets of 10 wall push-ups



Mobility

Gentle Torso Twists, 1 min

SESSION THREE

EXCELLENT



Walk

15 mins brisk walk



Strength

2 sets of 10 lunges



Mobility

Leg Swings,
(30 secs each leg)

ACTIVE TRAVEL

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WEEK ONE STRETCHES

HEALTHBOX
COMMUNITY WELLBEING SERVICES

Always stretch after your muscles are warmed up, not when they're cold. A brief 5-10 minute walk can prep your muscles, making your stretching routine more effective and reducing the risk of injury. Remember, stretching should feel good, not painful! Try to hold each stretch for 20-30 seconds if it feels comfortable.



1 Quadriceps Stretch



2 Triceps Stretch



3 Shoulder Stretch



4 Calf Stretch

ACTIVE TRAVEL

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WEEK TWO EXERCISES

STICK TO FRIDGE

SESSION FOUR

GOOD



Walk

20 mins brisk walk



Strength

2 sets of 10 step-ups



Mobility

Shoulder Rolls, 1 min

SESSION FIVE

GREAT



Walk

20 mins brisk walk



Strength

2 sets of 10 planks
(20 seconds each)



Mobility

Ankle Circles
(30 secs each ankle)

SESSION SIX

EXCELLENT



Walk

20 mins brisk walk



Strength

2 sets of 10 tricep dips



Mobility

Spinal Twists, 1 min

WEEK TWO STRETCHES

Always stretch after your muscles are warmed up, not when they're cold. A brief 5-10 minute walk can prep your muscles, making your stretching routine more effective and reducing the risk of injury. Remember, stretching should feel good, not painful! Try to hold each stretch for 20-30 seconds if it feels comfortable.



5

Knee Hug Stretch



6

Side Bend



7

Chest Stretch



8

Neck Stretch

WEEK THREE EXERCISES

STICK TO FRIDGE

SESSION SEVEN

GOOD 



Walk

25 mins brisk walk



Strength

3 sets of 10 calf raises



Mobility

Forward Leg Stretches, 1 min

SESSION EIGHT

GREAT  



Walk

25 mins brisk walk



Strength

2 sets of 15 sit-ups



Mobility

Side Bends, 1 min

SESSION NINE

EXCELLENT   



Walk

25 mins brisk walk



Strength

2 sets of 10 bird-dogs



Mobility

Hip Circles (30 secs each side)

ACTIVE TRAVEL   

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HEALTHBOX
COMMUNITY WELLBEING SERVICES

WEEK THREE STRETCHES

Always stretch after your muscles are warmed up, not when they're cold. A brief 5-10 minute walk can prep your muscles, making your stretching routine more effective and reducing the risk of injury. Remember, stretching should feel good, not painful! Try to hold each stretch for 20-30 seconds if it feels comfortable.

9



Lateral Neck Stretch

10



Hip Stretch

11



Hamstring Stretch

12



Lower Back Reach

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WEEK FOUR EXERCISES

STICK TO FRIDGE

SESSION TEN

GOOD 



Walk

30 mins brisk walk



Strength

2 sets of 12 reverse lunges



Mobility

Hamstring Stretch, 1 min

SESSION ELEVEN

GREAT  



Walk

30 mins brisk walk



Strength

2 sets 12 of wall presses



Mobility

Pigeon stretch, 1 min

SESSION TWELVE

EXCELLENT   



Walk

30 mins brisk walk



Strength

Sit to stands, 2 sets of 12



Mobility

Shoulder shrugs, 1 min

WEEK FOUR STRETCHES

Always stretch after your muscles are warmed up, not when they're cold. A brief 5-10 minute walk can prep your muscles, making your stretching routine more effective and reducing the risk of injury. Remember, stretching should feel good, not painful! Try to hold each stretch for 20-30 seconds if it feels comfortable.

Now that your mobility is improving, consider pushing yourself a bit further. Work on expanding your range of motion to enhance your flexibility.

13



Seated Butterfly Stretch

14



Torso Twist

15



Hip Flexor Stretch

16



Quadriceps Stretch

MONITORING THE EXERCISE INTENSITY



RPE SCALE RATE OF PERCEIVED EXERTION

10

Max Effort Activity

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

9

Very Hard Activity

Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.

7-8

Vigorous Activity

Borderline uncomfortable. Short of breath, can speak a sentence.

4-6

Moderate Activity

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

2-3

Light Activity

Feels like you can maintain for hours. Easy to breathe and carry a conversation.

What is the RPE Scale?

Think of the RPE scale as your personal workout buddy! It's a fun, easy-to-use scale that goes from 1 to 10, helping you keep an eye on how hard you're pushing yourself. Feeling like a walk in the park? That's a low number. Huffing and puffing like you're climbing a mountain? That's a high number. It's all about tuning into your body's vibes to make sure your exercise is just right – not too easy, not too tough!



THE TALK TEST

YOUR FUN AND EASY EXERCISE INTENSITY GUIDE!



Low Intensity

- You can talk and sing without any difficulty
- Breathing feels normal



Medium Intensity

- You can talk but you can't sing
- Breathing is quicker but not strained



High Intensity

- You can only say a few words at a time without needing to take a breath
- Breathing is rapid and laborious

What is it?

The Talk Test is your conversational buddy in fitness. It's an incredibly simple method to gauge your workout intensity – all through how easily you can hold a conversation!

How to Do It?

Turn your workout into a playful challenge! While exercising, try speaking a sentence. If chatting is a breeze, you're in the light zone, ideal for warm-ups. Able to talk but can't belt out a tune? You're in the moderate zone, perfect for a cardio workout. Finding yourself breathless and only able to utter a few words? You've hit the high-intensity zone, where you're really pushing your limits!

Aiming for 6-7 on the RPE scale or moderate intensity on the talk test is a great way to measure if you are working at the right level for improvements in cardiovascular fitness.

The information provided here is for general informational purposes only and is not a substitute for professional medical advice. Always consult with a healthcare professional before starting any new exercise program or making significant changes to your current routine, especially if you have any pre-existing health conditions or concerns. Your safety and well-being are paramount.

WALKING PROGRAMME



MONTH ONE

GOOD

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MONTH TWO

GREAT

Blank space for notes for Month Two.

WALKING PROGRAMME



MONTH THREE

EXCELLENT

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NOTES

Blank space for general notes.

CYCLING PROGRAMME



MONTH ONE

GOOD

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MONTH TWO

GREAT

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CYCLING PROGRAMME



MONTH THREE

EXCELLENT

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NOTES

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WHEELING PROGRAMME



MONTH ONE

GOOD

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MONTH TWO

GREAT

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WHEELING PROGRAMME



MONTH THREE

EXCELLENT

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NOTES

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