



FutureYou
CAMBRIDGE

Stay One **Step Ahead**

Supported by **outdooractive**



Join our nationwide community of amblers, strollers, hikers, trekkers, roamers and ramblers and get walking.



EXCELLENT Over 10,000 reviews



Walk your way to health and wellbeing

Walking is one of the greatest forms of exercise – and it's free.

From a stroll about town to a hike in the hills, walking is an easy way to become more active and healthy – building stamina, burning excess calories, making your heart healthier and lifting your mood, too.

We've teamed up with **Outdooractive** walking app to help us all make walking a bigger part of our lives, with all the benefits it brings to our health and wellbeing.

Last year, nearly 3,000 of us walked over 1.5 million miles between us covering nearly 400 different tracks. It would be fantastic to beat these impressive figures in 2024.

The Stay One Step Ahead Campaign

Whether it's just a short walk to the shops or a long ramble through beautiful countryside, we've got ideas, ambitions and challenges to suit every level – along with inspirations for fabulous walks and the chance to share your stories and pictures with a nationwide community of fellow walkers.

HOW TO TAKE PART

1. Visit **futureyouhealth.com/one-step** where we've got lots of information and links, plus an offer of **£5 off any of our supplements** when you spend £15 or more.
2. **Set yourself an achievable target**
– see page 5 for tips on how to get started.
3. **Download the Outdooractive App** (see back page) to keep track of your walks and find great routes to explore.
4. **It's all about joining in**, having fun and being part of a community. You can share your own inspirations and images of great walks with everyone online using the **#Stay1StepAhead** hashtag.



Happy trails!



Choose your step up

'It's hard to find the time to go walking...'
Or is it? Even just 10 minutes a day
makes a difference, the NHS tells us.
Try these tricks for adding extra steps
into your daily habits and routines.



Walk to the local shops – Need a pint of milk? Don't waste time on traffic lights and looking for parking; leave the car at home for a pleasant stroll.

Go part way – Try cutting a longer journey by car or public transport and finishing it on foot. Get off the bus one stop ahead, or park a bit further from your destination and let your legs do the rest.

Walk the talk – Meet up with a friend and make it a coffee-to-go, with a lovely side-by-side stroll outdoors instead of the usual sit-down.

The lunch hour stroll – Do we need more than 30 minutes to have lunch? Try using the rest of your break for a relaxing walk.

Take the stairs – And skip the lift or escalator.

Walk the kids to school – You could make it a routine to pick them up from places without the car, too.

The after-dinner constitutional – Even a short walk with family or friends after dinner will do you wonders, including for your digestion and blood sugar control.

Walk the dog and if you don't own a dog, you can always borrow one. There's nothing quite like watching a dog delighted to be outside, it can help lift your spirits too.

Walk mindfully – A walk is also a great opportunity to reconnect with the sights and sounds of the present moment, which can help improve your mental wellbeing.

Join your local walking group – Make new friends and get encouraged by a friendly local club of fellow walkers.



Walk smart

Start your walking challenge on the right foot with these smart goals from professional Nordic Walking instructor and Turmeric+ Gold subscriber **Paul Goddard**





Specific
Set a distance you can achieve each day, or a target step total. Trainers with good support will suit walking on tarmac; walking boots for all other terrains.

Measurable
Make sure to keep a record of your progress, whether it's an exercise app like **Outdooractive**, a fitbit or just good old paper and pencil.

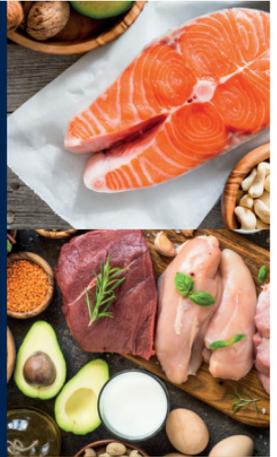
Achievable
Don't be too ambitious at the start. Begin with a short walk and build gradually. Walking with a friend or joining a walking group will help you reach your goal.

Realistic
When you're starting out on any kind of fitness programme, make sure you've got the ability and capacity to train for the goal you've set.

Time-based
Put a challenge for yourself on the calendar that suits your fitness and walking speed. I'd suggest a 5k or 10k charity walk as a good starting point.

Fuel your feet

5 key nutritional tips for walkers shared by the award-winning pharmacist and medical nutritionist **Aidan Goggins**



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- 1 Improve muscle function and strength** by adding oily fish such as salmon, sardines, and mackerel to your diet. These fish are not only rich in protein but contain omega-3 fatty acids that nourish muscle membranes and enhance nutrient transport to muscle cells.
 - 2** The majority of daily protein intake in the UK is consumed in just one meal. Changing this to **spreading your protein intake evenly** throughout your daily meals optimises muscle amino acid supply, which in turn can help maintain skeletal mass and activity response.
 - 3** Consider adding a **collagen supplement** to your routine to support healthy joints. Collagen is rich in glycine, which also plays a key role in immune defences to infection and promotes cellular antioxidant production.
 - 4** **Boost your overall health** with a diet rich in polyphenols, found in colourful plants like green tea, pomegranate, walnuts, berries and leafy greens. Clinical research shows they amplify the beneficial effects of exercise on age-related brain atrophy, blood sugar control, weight loss, and blood pressure in individuals over 50 years of age.
 - 5** **Incorporate fermented foods into your diet**, like kefir, yogurt, sauerkraut and kimchi. Research highlights that pairing a portion of fermented food with taking 7,000 steps or more daily, optimised gut health with a 90% decrease in digestive issues.
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Our recommendations

We've put together our recommended Stay One Step Ahead supplement selection. We're offering **£5 off your order of any of our supplements when you sign up to Stay One Step Ahead.**

*Just quote **SOSA24** at checkout when you order online or call our Customer Care team on 0800 808 5740 and they'll be happy to help.



*Offer expires 31st December 2024. One use per customer Minimum order value £15. Discount can be applied to subscription or one-off purchases but cannot be combined with any other offers. All subscriptions are totally flexible and can be amended, paused or cancelled at any time, without obligation.

Turmeric+ Gold

Our purest, most advanced turmeric supplement for bones and joints containing curcumin, vitamin C, and vitamin D. Our most popular supplement for helping you keep active.



Curcupet-K9

Based on our human turmeric CurcuPet-K9 is a popular joint supplement for adult dogs, containing 50mg of easy-to-absorb Curcuma Phospholipid Complex – a combination of curcumin extracted from turmeric with soy lecithin. Keeps your older dog active.



Magnesium+

Magnesium is an essential mineral. It not only contributes to reduced tiredness and fatigue but also aids with the normal function of our muscles and nervous system.



Cool Joints+

Helps to keep your joints cool and comfortable. Now with manganese, which contributes to the normal formation of connective tissue and maintenance of bone.



Walking is free

– and so is the Outdooractive app

We've teamed up with Outdooractive, the free and hugely popular walking app, so you can discover ideas for beautiful walks near you, with free detailed route guides and points of interest.

And you can take on one of our *Stay One Step Ahead* walking challenges. **Here's how to get started.**

1. Download the app from **outdooractive**
2. Register for an account
3. To find walks near you, just tap the **Menu** icon in the top-left corner and select **Routes**
4. To find the *Stay One Step Ahead* **challenges**, tap the **Menu** icon in the top-left corner and select **Challenges**
5. Choose a **#Stay1StepAhead** community Challenge that suits you and tap **Sign Up**
6. And off you go! Remember, it's not a race – just taking part and having fun is the goal

