

The Benefits of Walking

Get Fit, Look Fit, Be Fit

We have a number of great walks available so why not get out and join us. You will be asked to complete a brief Health Questionnaire before walking with us for the first time. Please arrive ten minutes before start time to register.

Walking for health is FREE and led by keen volunteers who very much believe in improving health through activity. The walks are led at a pace to suit the group but please choose a level that is appropriate to your current state of health.

Walking is an excellent natural exercise that can help you to stay healthy, live longer, control your weight and keep you happy

- It is a great way of discovering your local area with friends and family
- Walking can easily be introduced into your lifestyle
- It can improve your mood, increase energy levels, keep your heart 'strong' and reduce blood pressure
- It is a great way to fight stress and improve mental health

For your own comfort and safety, please make sure that you are appropriately dressed for the weather and terrain. Some of the routes will become slippery and muddy after prolonged periods of rain or snow. In particular, wear strong, comfortable footwear and have a wind/rainproof jacket if necessary. Walking poles can be helpful for some of the more strenuous walks as they will provide some support and relieve pressure on your knees.

Please bring a bottle of water on the longer walks.

If you are interested in training to become a leader please speak to one of our leaders and they will pass your details to the organiser of the next training day.

If you are unable to get to the start points of some of the walks please call 01273 465669 and we will try and arrange a lift for you.

Hard copies of the walks programme are available from walk leaders or in local libraries, community centres and leisure centres.