

Your local scheme:

South Holland
Walk Co-ordinator
Castle Sports Complex
Tel: 01775 762178



If this space is blank please see www.walkingforhealth.org.uk/walkfinder or call **020 7339 8541** for details of your local scheme.

Walking is great for your health and puts a spring in your step. That's why we set up **Walking for Health**, an England-wide network to get you walking and get you healthy. We know that getting active can be difficult. But we're here to help. You can take part in our free short walks near to where you live, at a pace that works for you, and with specially trained leaders showing you the way. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends.

For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

The walks themselves are run by all kinds of folk, including local councils, the NHS, charities and voluntary groups, while the network as a whole is managed in partnership by the Ramblers and Macmillan Cancer Support. Together, we'll support you every step of the way, whether that's exercising for the first time or discovering new local walks to enjoy again and again.

For more details and to find your local scheme visit
www.walkingforhealth.org.uk

walk this way

Take your first steps towards an active lifestyle



Supporting you to
get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping you get and stay active. The Ramblers is the charity for walkers, helping everyone to enjoy the outdoors on foot, while Macmillan strongly believes in the health benefits of exercise for people living with or beyond cancer.

By sharing our expertise, we support 600 local schemes across England to offer short, free walks. Our aim is to help more people – including those affected by cancer – discover the joys and health benefits of walking.

www.ramblers.org.uk
www.macmillan.org.uk

Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604) and a company limited by guarantee (England and Wales no. 2400959, Isle of Man no. 4694F).

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company limited by guarantee (England & Wales no. 4458492).



Anytime, anywhere

Lots of us wish we did more exercise. We know it's good for us. And we know our health's important. But it can be easy to find excuses for not actually getting out there and doing it.

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement. Your diary doesn't need to be cleared either, you can just build it into your daily routine by walking to work, school or the shops.

You can take things at your own pace, starting slowly and building up gently. It's wonderfully social too – you can spend quality time with family and friends – and who knows, even make some new ones.

Kit and caboodle

What do you need? Not much really... just a good pair of shoes, which you probably have anyway. Anything that's comfortable, supportive and doesn't give you blisters. You can move more freely in loose-fitting clothing, and it's better to wear several thin layers rather than heavy, bulky clothing.

If you're going to be outdoors for a while, remember to take some water. And don't forget to be prepared for the British weather – if it looks like rain, a waterproof or umbrella will be very handy, and a sun hat and cream are a good idea in summer.

“The person who devised Walking for Health deserves a medal. Joining my local group has given me the confidence to enjoy all the wonderful green spaces that I didn't even know existed. I feel liberated!”

Jean Hooton
walker with Walking for Health

Best foot forward

Think about it... your legs were made for walking. It's a wonderful form of natural exercise that can keep you healthy, living longer – and can even put a smile on your face.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

Taking regular walks reduces the risk of a number of diseases and medical conditions such as...

- Heart disease
- Type 2 diabetes
- Depression
- Osteoporosis
- Certain cancers

And it can also help you manage your illness and reduce the recurrence of disease, including certain cancers.



Small steps

Doctors recommend that adults should do at least 150 minutes of moderate physical activity a week, and brisk walking is just the job. So, doing the maths... walking for 30 minutes, five days a week will start getting you healthier and burning off some calories.

And you don't have to do all your day's walking in one go... you could, say, walk for ten minutes three times a day. The most important thing is that you take the plunge, commit, and build up gradually.

‘Brisk’ walking means you breathe a little faster, feel a little warmer, and have a slightly faster heart beat. You should still be able to talk – essential if you're taking a turn with friends.

Walk together

Walking as part of a small group is a good way to start and keep going. You'll make friends, encourage each other, and discover new walks in and around your neighbourhood.

Walking for Health is a network of 600 health walk schemes in towns and villages across England, with regular short walks each week. Anyone can turn up and join in – it's free, fun and friendly.

“It has been one of the best things I have ever done, I feel like I have found the real me again. I am healthier, fitter, happier and more confident.”

Sandra Sayce
walker with Walking for Health



What you can expect:

- Short walks for beginners
- Trained walk leaders
- Good company
- Safe routes to walk

Where's my nearest walk?

Just visit...

www.walkingforhealth.org.uk/walkfinder
and tap in your postcode.

Or call Walking for Health on 020 7339 8541