

## Why walk? Walking can...

- Make you feel good
- Give you more energy
- Reduce stress and help you sleep better
- Reduce the likelihood of some cancers
- Keep your heart 'healthy'
- Reduce blood pressure
- Help you manage your weight



## How to increase the amount you walk

- Leave the car at home. Walk to the shops or school (or at least part of the way)
- Get on the bus a stop later and get off a stop earlier
- Walk during your breaks
- Walk for fun – treat yourself to a walk around a local attraction or even window shopping
- Make a walking date with a friend
- Join a walking group

## How much walking do I need to do?

The current weekly recommendation for physical activity is at least 150 minutes of moderate intensity activity (such as brisk walking) in bouts of 10 minutes or more – one way to achieve this is to do 30 minutes on at least 5 days a week. 'Brisk' walking means walking at a pace where you breathe a little faster, feel warmer and have a slightly faster heart-beat. You should still be able to talk – but not sing! If you can't carry on a conversation then you're going too fast!

### For further details

- w** [www.walkaboutwrekin.org.uk](http://www.walkaboutwrekin.org.uk)  
[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)
- t** Co-ordinator: 01952 276534
- e** [info@walkaboutwrekin.org.uk](mailto:info@walkaboutwrekin.org.uk)

Find us on 



Check website for possible new walks

### Supported by:



# Walking for Health



## Free Health Walks for the Telford & Wrekin area



ramblers  
Supporting you to  
get active and stay active



## Important information for new walkers

If you have not exercised for some time, or have a medical condition which may affect your fitness to walk, please consult a GP or medical professional before starting walking.

Please meet at least 5 minutes prior to the start of the walk.

Dress according to the weather. On hot days, bringing a drink of water is recommended.

Suitable shoes are recommended. Some paths may be muddy during bad weather. Shoes/boots with a good grip are advised for longer walks.


## Weekly led walks (excluding Bank Holidays)

<b>Sunday</b>		
10.30am	<b>MADELEY</b> Tesco Car Park	Grade 3
<b>Monday</b>		
10.00am	<b>LEEGOMERY</b> Community Centre	Grade 3 
2.00pm	<b>TOWN PARK</b> Meeting Point House	Grade 2 
2.00pm	<b>APLEY CASTLE PARK</b> Peregrine Way entrance	Grade 3
<b>Tuesday</b>		
10.00am	<b>TOWN CENTRE</b> summer months Outside Asda – Henry's buggy walk Contact 01952 385465 for details	Grade 2 
10.00am	<b>WOODSIDE ESTATE</b> End Newcomen Way 1 <sup>st</sup> Tues. of month	Grade 1 
10.15am	<b>ASDA DONNINGTON WOOD</b>	Grade 1, 2 & 3
10.30am	<b>ASDA DONNINGTON WOOD</b> Routes to Renewal	Grade 1 
2.00pm	<b>STIRCHLEY</b> Recreation Centre	Grade 1 & 2
2.00pm	<b>HORSEHAY</b> Golf Course	Grade 2
<b>Wednesday</b>		
1.00pm	<b>COALBROOKDALE</b> Community Centre, Darby Rd	Grade 3
2.00pm	<b>OAKENGATES</b> Oakengates Leisure Centre	Grade 3 
2.00pm	<b>WELLINGTON</b> Wellington Leisure Centre	Grade 1 & 3

## Thursday

1.30pm	<b>DAWLEY</b> Holy Trinity Church Car Park, 3 <sup>rd</sup> Thurs. of month	Grade 2
2.00pm	<b>TOWN PARK</b> Meeting Point House	Grade 2 
6.00pm	<b>LILLESALL</b> The Red House	Grade 3

## Friday

10.15am	<b>SHAWBIRCH</b> Shawbirch Medical Centre	Grade 1 & 2 
2.00pm	<b>TOWN PARK</b> Meeting Point House	Grade 2 


## Grading



**Grade 1** - Very few or no gradients. Easy terrain. 15 – 30 mins.

**Grade 2** - Possible but few gradients, steps or uneven ground. 30 – 60 mins.

**Grade 3** - Definite or likely gradients, possible steps & uneven ground. Brisk walk. 60 - 90 mins.

 Wheelchair and pushchair friendly

## Join a Walking for Health group

Walking in a group is a great way to start walking and to stay motivated. You'll make friends, have fun and discover new places to walk in your neighbourhood as well as improving your health and fitness. All walks are led by trained Volunteer Walk Leaders.