



Join a free and friendly health walk from Murdishaw Health Centre!



When? Tuesdays, at 11:00am
Meeting point: Murdishaw Health Centre, Gorsewood Road, WA7 6ES

This pleasant 30 minute circular group walk around the local area includes walking in some wooded and green areas. The walk is mostly flat and on paths.

For information about other walks in Runcorn, pick up a full walk programme or visit:

www.activehalton.co.uk/walking

Contact:
 Paula Parle
 0151 511 8550
 paula.parle@halton.gov.uk



Physical activity benefits for adults and older adults

- BENEFITS HEALTH**
- IMPROVES SLEEP**
- MAINTAINS HEALTHY WEIGHT**
- MANAGES STRESS**
- IMPROVES QUALITY OF LIFE**

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind		To keep your muscles, bones and joints strong		To reduce your chance of falls	
Be Active		Sit Less		Build Strength	
Improve Balance					
VIGOROUS	MODERATE				
RUN	WALK	TV	GYM	DANCE	
SPORT	CYCLE	SOFA	YOGA	TAI CHI	
STAIRS	SWIM	COMPUTER	CARRY BAGS	BOWLS	
MINUTES PER WEEK 75 OR 150 VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK) OR A COMBINATION OF BOTH		BREAK UP SITTING TIME		2 DAYS PER WEEK	
Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. MAKE A START TODAY: it's never too late!					

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** <http://bit.ly/startactive>