



Join a free and friendly Health Walk from Murdishaw Health Centre



When? Tuesdays 11am

Meeting point:

Murdishaw Health Centre,
Gorsewood Road, WA7 6ES

Approx 30- minutes short walk
Approx 60- minutes longer walk

All welcome, join us for a short friendly circular group walk and a chat, or continue on our longer route for an hour walk.

Occasional 90-minute walks available.

Walks include wooded and green areas, mostly on flat paths. *Your qualified walk leader is Keith*

For information about Health Walks and physical activity in Widnes and Runcorn, pick up a full program or visit:

www.activehalton.gov.uk

Contact:

Paula Parle: 0151 511 8550

Paula.parle@halton.gov.uk

Supported through funding from players of People's Postcode Lottery and Macmillan



Physical activity 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 etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least

150

minutes

moderate intensity
per week

increased breathing
able to talk



OR

or a combination of both

at least

75

minutes

vigorous intensity
per week

breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2 days a
week



Gym



Carry heavy
bags



Yoga



Bowls



Tai Chi

Minimise sedentary time

Break up periods of inactivity



Dance

For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

For more details speak to practice reception or call Paula Parle
0151 511 8550