



# 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**

All welcome, join us for a short friendly circular group walk and chat.

Finish with a cuppa at Halton Haven, maybe?

Walks include wooded and green areas, mostly on flat paths. *Your qualified walk leader is John; staff from Murdishaw Health Centre will be supporting John.*

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

[www.activehalton.gov.uk](http://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