



Join a free and friendly Short Health Walk In Pickering's Pasture Widnes



When: 2pm Sunday's

June: 14th, 28th

July: 5th, 19th

Aug: 2nd, 16th, 30th

Check our webpage for future dates each month

<https://activehalton.co.uk/walking/>

or Facebook: www.facebook.com/Walking-for-Health-Halton

Meet our Walk Leader Bernie at:

Pickering's Pasture car park, off Mersey Road,
Widnes WA8 8LP

Approx 30-40 minutes short walk with rest breaks

This is a pleasant walk on paths with a qualified Walk Leader.

All welcome; join us for a short friendly walk, a chat, and maybe a cuppa at the end.

You are welcome to join us for a short 5 -15- minute walk if that suits as there are plenty of opportunities/benches to take a rest break on route and head back to the start point when you are ready.

Join us at the end the for a cuppa even if you have not felt up to walking with us.

For information about Health Walks and Physical Activity in
Widnes and Runcorn contact Paula Parle 0151 511 8550
paula.parle@halton.gov.uk or visit www.activehalton.co.uk

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

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Carry heavy bags, Stairs, Sport, Yoga

Minimise sedentary time
Break up periods of inactivity

Improve balance
2 days a week

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

Dance, Bowls, Tai Chi

UK Chief Medical Officers' Physical Activity Guidelines 2019

