



Join a free and friendly evening health walk

The Deck



When:

First Wednesday of each month 7pm
Starts 6th Feb 2019

Meeting point:

The Deck, Runcorn, WA7 1GR
Near Deck 6

Approx. 1-hour average pace walk

This is a pleasant local walk with friendly people.
The walk is mainly on pavements

For information about other walks in Runcorn, pick up a full program 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

VIGOROUS		MODERATE		SITTING		BUILD STRENGTH		IMPROVE BALANCE	
	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!