



## Walking for Health Halton

Take your first steps towards an active lifestyle!

### Anytime, anywhere

Lots of us wish we did more exercise. We know it's good for us. And we know our health's important. But it can be easy to find excuses and not get started.

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement. Your diary doesn't need to be cleared either, you can just build it into your daily routine by walking to work, school or the shops.

You can take things at your own pace, starting slowly and building up gently. It's wonderfully social too - you can spend quality time with family and friends, and who knows, even make some new ones. Just a comfortable pair of supportive shoes is all you need.

If you're going to be outdoors for a while, remember to take some water. And don't forget to be prepared for the British weather – a sun hat or raincoat maybe?

### Best foot forward

Think about it ...your legs were made for walking. It's a wonderful form of natural exercise that can keep you healthy, living longer and can even put a smile on your face.

Here are a few positive things that walking can do for your health ...

- Help your heart and lungs work better
- Lower your blood pressure
- Increase “good” cholesterol
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Stay connected, meeting new people

Taking regular walks reduces the risk of a number of diseases and medical conditions such as...

- Heart disease
- Type 2 diabetes
- Depression osteoporosis
- Certain cancers

## Small steps

Doctors, recommend that adults should do at least 150 minutes of moderate physical activity a week, and brisk walking for 30 minutes, five days a week will start getting you healthier and burning off calories. And you don't have to do all your day's walking in one go. You could, say, walk for ten minutes three times a day. The most important thing is that you take the plunge, commit, and build up gradually. 'Brisk' walking means you breathe a little faster, feel a little warmer, and have a slightly faster heartbeat. You should still be able to talk.

## Walk together

Walking as part of a small group is a good way to start and keep going. You'll make friends encourage each other and discover new walks around your neighbourhood.

What you can expect:

- Short walks for beginners
- Trained walk leaders
- Good company
- Safe routes to walk

## Where's my nearest walk?

Call Paula Parle: 0151 511 8550

"It has been the best thing I have ever done, I feel like I have found the real me again. I am healthier, fitter, happier and more confident"  
Sandra Sayce