



Join a free and friendly “Mindful Walk”



When: 3rd Tuesday of each month 1pm

Meeting point:

Esposito's café, Highlands rd, Runcorn,
WA7 4PX

Approx 60- minutes walk & reflections

All welcome, join us for a “Mindful Walk”

A “Mindful Walk” is an opportunity to just **be**. Being aware of the body, breath and senses in the present moment. Come along and practice with the support of a group in the natural surroundings of Runcorn Hill.

A gentle guided walk in wooded, sandstone and green areas, including some steps and slopes.

Maybe join us for a cuppa and chat after the walk.

Your qualified walk leader is Mae Chee Shirley-Anne

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.gov.uk

Physical activity for adults and older adults

Any level of activity is linked to health benefits



Improves
Sleep



Manages
Stress



Maintains
Healthy weight



Improves
Quality of life

Reduces your chance of

- 40%** Type II Diabetes
- 35%** Cardiovascular disease
- 30%** Falls, depression etc.
- 25%** Joint and back pain
- 20%** Cancers (colon and breast)

Be active everyday

Make a start today:
it's never too late

Any activity
is better than
none, and more
is better still

Every minute
counts



Aim for



OR



**Moderate
intensity**

increased breathing
able to talk

**Vigorous
intensity**

breathing fast
difficulty talking

or a combination of both

To keep muscles,
bones and joints strong



**Build
strength**



on at
least

2

days a
week

For older adults

Improve balance

2 days a week to reduce the
chance of frailty and falls



Minimise sedentary time

Break up periods
of inactivity

