



Join us for a free and friendly Health Walk from Space Runcorn



When: Sundays 10am Approx 1- hour

Meeting point:

Space Runcorn, 50 Regent St, WA7 1LJ

Looking to clear your head, meet others, or simply get moving in good company? ...SPACE Walks are free, gentle wellbeing walks through Runcorn Old Town — created to support your mental health through movement, nature, and meaningful community connections. Finish with an optional cuppa and cake at ...SPACE Runcorn, Mental Health Ambassadors will be available on-site if you need instant mental health support. Walks included green areas and mostly flat paths. Your qualified walk leaders will be Abbie and Carole; staff/volunteers from ...SPACE Runcorn will be supporting them both.

Register your interest at bookwhen.com/spaceruncorn, call 07508 502566 or email contact@spaceruncorn.co.uk

**For information about Health Walks and Physical Activity in
Widnes and Runcorn contact Paula Parle 0151 511 8550
paula.parle@halton.gov.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

or a combination of both

at least
75

minutes
vigorous intensity
per week
breathing fast
difficulty talking



**Minimise
sedentary time**
Break up periods of inactivity



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