



with **activeMe**

Join a free and friendly short Health Walk in Victoria Park

When? Thursdays 10am

Starts: Thursday 18th July

Meeting point:

Bandstand, Victoria Park

Fairfield Rd, Widnes WA8 6SQ



Approx 30- minutes

This is a pleasant walk on paths with qualified Walk Leaders from the British Red Cross.

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

Feel free to join us after the walk approx. 10.30am for a cuppa for anybody who would like a chat with the Red Cross, or call your local Red Cross team on 0151 424 7873

In association with



For information about other walks and physical activity in Widnes and Runcorn, pick up a full program or visit:
www.activehalton.gov.uk

Contact:

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Supported through funding from players of People's Postcode Lottery and Macmillan



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

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



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!