



Join a free and friendly Health Walk In Windmill Hill



When: Tuesdays 1pm

Meeting point:

Meet where Southwood Ave crosses
Lockgate West, Windmill Hill, WA7 6LF
Find location with what3words: [pays.comical.boring](https://www.what3words.com/pays.comical.boring)

Approx 60-minutes walking with café stop midway

All welcome, join us for a friendly group walk and chat.
An easy pace walk with a 30-60-minute café stop midway.
Walks include wooded and green areas, and canal paths, mostly
on flat paths.

Your qualified walk leaders are John, Shirley & Graham

**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

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



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

