

5 Great Things About Walking

- 1:** It's FREE !!!!
- 2:** It's a SAFE and EASY way to start to get fit !
- 3:** REDUCES your chance of developing health conditions such as diabetes, heart disease and osteoporosis
- 4:** A GOOD WALK is healthy for the MIND as well as the body—helping reduce the symptoms of depression and anxiety
- 5:** There is a WEEKLY WALK in your area with a trained walk leader to help build your confidence



Lockleaze Wednesday Walks

COME ALONG
AND MEET NEW
PEOPLE AND
START TO
EXPLORE YOUR
AREA

A WALK FOR ALL ABILITIES

Every Wednesday meet at
The Cameron Centre
1:30 — 2:30 pm

There is a 30

minute walk for beginners and a further
30 minutes if you find your enjoying yourself so much or
feel you would like to progress.

The walk is done at a pace to suit all

For more information contact
Debbie Parsons or Natalie Bailey
NHS Health Trainers at
The Cameron Centre
07785 950 920 / 07785 970 473