

Walking more can help:

- ✓ Prevent illnesses like heart disease, diabetes and high blood pressure
- ✓ Improve mobility and flexibility
- ✓ Give you that feel good factor, reduce stress and improve your sleep
- ✓ Keep yourself at a healthy weight

For more information please contact:

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Or visit the Age UK website: www.ageuk.org.uk/leeds

For more information on Walking for Health visit:
www.walkingforhealth.org.uk



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Walking for Health



The Age UK Leeds Walking for Health group is open to anyone who is over 50 and living in Leeds. Our health walks take place every Tuesday morning.

We offer a variety of routes of 60 to 90 minutes in length, and all walks include stops along the way.

Walks are FREE and there is no need to book, all are led by friendly, trained volunteer walk leaders as part of the national Walking for Health programme.

See overleaf for the Aug - Oct 2018 programme of walks.

August

7 th August	Leeds Owl Trail
14 th August	Rothwell Country Park*
21 st August	Mabgate
28 th August	Leeds Piano Trail

September

4 th September	Rosebank Millennium Green
11 th September	Golden Acre Park*
18 th September	Lovell Park
25 th September	Leeds Street Art Trail

October

2 nd October	Harehills History Walk*
9 th October	Pott's Clocks
16 th October	Sculpture Trail 2*
23 rd October	Blue Plaques 3
30 th October	Northern Routes

**These walks will involve a bus journey so please bring your bus pass/bus fare. The walk will be of a similar length to usual but due to the extra journey time we aim to be back in central Leeds by 1pm.*

Before you start walking...

If you haven't been very active before, always build up gradually and speak to your GP before increasing your activity levels.

Please wear appropriate foot wear with flat soles which you will be comfortable walking in and clothing suited to the weather conditions. You are advised to bring a bottle of water or soft drink, especially in hot weather.

If you are attending a walk for the first time please turn up at the meet point 10 minutes before the start time and introduce yourself to the Walk Leader. There will be a registration form to complete.

All walks start from The Arch Cafe on Mark Lane every Tuesday at 10.30am and aim to be back at The Arch Café for 12 noon.



More active, more often...

Any amount of activity that is appropriate for your age group and health makes a difference. **It is recommended that we build up to doing 150 minutes of moderate physical activity a week.** A good way to achieve this is to try and do at least 30 minutes activity on at least 5 days of the week. **Moderate activities include anything that makes you breathe more heavily and feel slightly warmer than normal.**

Walking is an ideal way to take regular exercise, it is sociable and enjoyable and enables you to get out in the fresh air and see places you may not usually visit.

Joining Age UK Leeds' Walking for Health group is a great way to get more active, more often!