



**To get the most from your exercise, you should walk every day.**

We offer walks led by trained walk leaders on most days of the week.

**Walk timetable**

**Mondays at 1.45 pm**  
**Beau Sejour and Cambridge Park - Bus Route 2**  
**Meeting place: Main entrance to Beau Sejour**

A scenic and traffic free walk around Cambridge park, suitable for all abilities. Fitter walkers continue down through Candie gardens and back via the "Blue Mountains" for optional refreshments.

**Tuesdays at 2 pm**  
**Bordeaux - Bus Route 6A**  
**Meeting place: Bordeaux Kiosk**

A gentle walk around this picturesque bay. The walk starts and finishes at the kiosk for optional refreshments.

**Wednesdays at 10.30 am**  
**Saumarez Park - Bus Route 3A**  
**Meeting place: The rear car park**

This is a circular walk around the park at your own pace followed by optional refreshments in the café.

**Thursdays at 10 am**  
**Houmet Tavern - Bus Route 7A**  
**Meeting place: Tavern car park**

A flat walk around Grand Havre to the Vale Pond kiosk and back, less able walkers will be able to walk to the seat and back. Refreshments will be available in the Tavern after the walk.

**Thursday evenings 6.30 pm, March to September**

A 30 minute walk from a different location each week. Ring 707311 for details.

**Fridays at 10.30 am**  
**Chouet - Bus Route 6**  
**Meeting place: Chouet car park**

A flat 30 minute walk with idyllic views across the bay, from Chouet car park across to Les Amarreurs playground and return to the car park.

**Sundays, March to October 4 pm start, October to March 2.30 pm start**

This walk lasts about 45 minutes and starts from a different location each week. Ring 707311 for details.

**So why not give them a try and feel the benefit!**

Contact Health Promotion Unit on 707311  
Monday to Friday for more information.



**Come and join our free walks**



**The “Walk your way to health” scheme is designed to encourage people of all ages to walk further, more briskly and more often, to gain health benefits.**

All walks are approximately 30 minutes long and are led by two British Heart Foundation trained volunteer Health Walk leaders - one at the front of the group and one at the back. Their role is to help everyone walk at a safe but effective pace whilst still enjoying the social contact.

All leaders are first aid trained. They carry a first aid kit and drinking water.

**So why not come and walk with us?**

### **Why walk?**

- It's a chance to meet people and make friends
- It's a sure, safe way to health and fitness
- Almost everyone can do it
- You can do it anywhere any time
- You don't need any equipment apart from comfortable walking shoes.

Walking is the simplest, safest and one of the most effective forms of physical activity. Health experts recommend that every adult should accumulate at least 30 minutes of physical activity on at least five days of the week.

This could be 3 x 10 minute sessions or 2 x 15 minute sessions, aiming eventually for 1 continuous session of 30 minutes a day.

### **Walking can**

- Help you to sleep better
- Keep your heart strong
- Improve muscle and bone strength
- Help reduce your weight
- Reduce blood pressure
- Make you feel good
- Reduce stress

### **Physical Activity**

Being physically active reduces the risk of several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression. Regular physical activity is also linked to a 40% reduction in bowel cancer.

**But above all - walking is fun.**

**Here are a few useful tips that will help you enjoy your walk and do your heart good.**

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about. Gradually build up to the recommended 30 minutes walking a day five times a week.
- Drink a glass of water before and after your walk. Don't forget to wear comfortable clothes and shoes.
- Gradually warm up at the beginning and cool down towards the end.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms, such as chest pain, dizziness or breathlessness, and consult your doctor.
- Remember, layers of thin loose clothing are more comfortable than thick, chunky clothes.
- Always carry water to drink.

### **New walkers**

**Please attend 10 minutes prior to the start of the walk and look for a leader with a red rucksack to register.**