

Current Walks

Axminster

Fridays Meet 10.15am

Sidmouth, Honiton & Ottery

Wednesdays Meet 10.15am

Exmouth

Tuesdays & Saturdays Meet 10.15am (Summer walks also available)

For more information:

tel: **01404 814317**

email: otterysportscentre@ledleisure.co.uk

or visit: www.whi.org.uk/walkfinder/home

Contact:

Andrew Dare

Walk For Health Co - ordinator

Ottery Leisure Centre

Cadhay Lane

EX11 1QW

tel: 01404 814317

e-mail: otterysportscentre@ledleisure.co.uk

Walking for Health (WfH) is the largest national body promoting and setting the standards for led health walks. WfH is a Natural England initiative, supported by the Department of Health.

www.wfh.naturalengland.org.uk





EAST DEVON WALK THIS WAY

**...take the first step today
and
'Walk This Way'**



walk 4 life



'Walk This Way' is an accredited scheme that was introduced in East Devon to encourage people of all ages – including those with health and mobility problems, and those recovering from illness – to walk for their health.

Leisure East Devon (LED) has developed a series of 'Health Walks' across East Devon, led by qualified volunteer walk leaders who have undergone the national 'Walking the Way to Health' training, as well as training in first aid and resuscitation.



It is a fact that physical activity levels for the majority of the population have dropped. Due to increasing car use, less walking, and more sedentary lifestyles, adults and children are far less active than they were in the past and this is leading to an increase in people being overweight and suffering from other health problems.

Health experts recommend that adults should accumulate at least 30 minutes of moderate physical activity at least five days per week, whereas children should be physically active for at least an hour a day.

Walking is an ideal activity for all age groups – and it's **free!**

Walk This Way is aimed at people who are doing very little or no exercise at present, but who would like to become more active. (This scheme is not aimed at those who already walk regularly).



Everyone is encouraged to walk at their own comfortable pace, and this varies from person to person – so it doesn't matter if you aren't at the front! Walks are also kept short so that they fit easily into your daily routine.

If you are not used to walking, start gradually. Walk at your own comfortable pace and slowly build up to 30 minutes per day. Once you have achieved this, you can gradually increase your pace over the weeks until you achieve a good brisk walk.

Don't forget to warm up and cool down, drink plenty of water, and wear appropriate footwear.

The national average walking speed is 3mph.

Why not measure the time it takes to complete each walk and see if you can gradually reduce your time - improving your fitness level!!



If you have a history of heart problems or other medical conditions, please talk to your doctor before you start walking. Consult your doctor if you experience any unusual symptoms such as chest pain, dizziness or breathlessness.

“MAKE WALKING PART OF YOUR DAILY ROUTINE AND INCREASE YOUR LIFE EXPECTANCY AND QUALITY OF LIFE”

DID YOU KNOW WALKING CAN...

- **STRENGTHEN YOUR HEART**
- **REDUCE BLOOD PRESSURE**
- **GIVE YOU MORE ENERGY**
- **HELP YOU SLEEP BETTER**
- **HELP REDUCE STRESS**
- **HELP MANAGE YOUR WEIGHT**
- **MAKE YOU FEEL GOOD**

Regular physical activity such as walking can also prevent: coronary heart disease, strokes, obesity, diabetes, high blood pressure, high cholesterol, osteoporosis, arthritis, anxiety, stress and depression.

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‘Walk This Way’

Local walks for local people, helping improve health and fitness.

walk 4 life

