

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

How you can get involved

BRCC co-ordinates Walk 4 Health walk programmes throughout Bedfordshire. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. You're free to take part in as many walks as you like, as often as you like. Regrettably, dogs are not allowed on most walks. If you want to know more before you start, just get in touch with the appropriate Walk Leaders or with Mike Fayers, Health Walks Manager, on 01234 832619 or at mikef@bedsrcc.org.uk.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)

Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)



step right up

Walk 4 Health Bedfordshire

Walks programme – Central Bedfordshire

From September 2018



MONDAY

Beeston

Weekly, 09.00am, 60 minutes

Meet by the post box on Beeston Green.
Leader: Gillian on 07890 232685

Leighton Buzzard

Weekly, 10.00am, 30, 60 & 80 minutes

Meet at Bell Close (opposite Morrison's garage). Leader: Edith on 01525 376551

TUESDAY

Flitwick Beginners

Weekly, 10.00am, 25-45 minutes

Meet at Flitwick Library. Leader: Dave on 01525 715687

Houghton Regis Beginners

Weekly, 10.00am, 20-45 minutes

Meet at the library. Leader: Kevin on 01582 505467

Shefford

Weekly, 10.00am, 60-90 minutes

Meet at Community Hall, Amphill Road
Leaders: Beth & Peter on 01462 815672

Toddington

Weekly, 10.30am, 60 minutes

Meet at Toddington Library. Leader: Alan on 01525 8739287

alanhiggs@gmail.com

WEDNESDAY

Biggleswade

Weekly, 10.00am, 30-40 & 60-90

minutes. Meet at Dan Albone car park, Shortmead Street. Leaders: John on 07710 657455, Mary on 07855 632021

Sandy

Weekly, 10.00am, 90 minutes

Meet at Sandy Library. Leaders: Cathy on 01767 692182, Jane on 01767 691455 and Thelma on 01767 681930

Leighton Buzzard, Tiddenfoot

Weekly, 10am, 30-50 minutes

Meet in Tiddenfoot Leisure Centre café. Coffee & biscuits provided after.
Leader: Lucy on 01525 375765 or tiddenfoot.fitness@sl.co.uk

Flitwick

Weekly, 10.15am, approx. 90 minutes

Start points vary. Leader: Roy on 01525 715730

Marston Vale Beginners

Weekly, 10.15 for 10.30am start, 25 - 45 minutes.

Meet at Marston Vale Forest Centre Reception. Leader: Heather on 01525 404125

Marston Vale

Weekly, 10.30am, 60 minutes.

Meet at Marston Vale Forest Centre Reception. Leaders: Mike on 01234 767014 and Liz on 01234 910035

WEDNESDAY contd.

Dunstable Downs

1st & 3rd Wednesdays of month, 10.30am, 45-90 minutes. Meet at Gateway Centre. Leader: Mike on 07594 577129

THURSDAY

Biggleswade

Weekly, 10.00am, 90 minutes. Meet at Stratton School gates, Eagle Farm Road. Leader: Mary on 07855 632021, Mary on 07761 681213

Leighton Buzzard beginners

Weekly, 10.00am, 20 – 45 minutes.

Meet at library. Leader: Robin on 0300 300 4621

Potton & Gamlingay

Weekly, 10.00am, 90 minutes. Start

points vary. Leaders: Boo on 01767 260644, Pat on 01767 650132

Shefford Beginners

Weekly, 10.00am, 20-45 minutes

Meet at the library. For more info: Vicky on 0300 300 4248

Dunstable

Weekly, 10.30am, 30-45 minutes

Meet at the Leisure Centre (café area)
Leader: Lucy, Jo and Devan on 01582 608107

THURSDAY contd.

Arlesey

Weekly, 10.45am, 90 minutes. Start points vary. Leaders: Beth & Peter on 01462 815672

Barton le Clay

Fortnightly, 11.00am, 60 minutes

Meet at the Royal Oak pub. Leaders: Geoff & Jennifer on 01462 711205

Houghton Hall Park

Weekly, 2.00pm, 60 minutes

Meet at the pavilion on the Green.
Leader: Sue on 07443 016095

FRIDAY

Amphill

Fortnightly, 10.00am, 90 minutes

Start points vary. Leader: Lynda on olivetre47@googlemail.com 01234 740788
<http://amphillhealthwalks.blogspot.co.uk/>

Upper Caldecote

Weekly, 10.00am, 20-35 minutes

Meeting Point: Peter Maudlin Pavillion, The Pastures, Upper Caldecote, SG18 9BQ. Followed by tea and biscuits. For more info: Vicky on 0300 300 4248