

Walking is good for you!

Why not also try

It's good for your heart, lungs, muscles, bones and can help you feel more positive!

Walking is a very sociable activity, almost everyone can do it and you don't need any equipment – just comfortable walking shoes and clothing appropriate to the weather conditions.

Walking is the most flexible form of physical activity, its free, can be done anywhere at any time, and there's very little risk of injury. You don't have to spend hours, just 30 minutes a day walking can provide health benefits. However the more you do the more your health will benefit.

Health Walks are suitable for all ages and abilities, particularly if you have not walked regularly for some time. They are also a great way to meet new people and enjoy a chat whilst doing something that can benefit your health. A trained walk leader plans the walk, and helps to ensure nobody gets left behind.

Individual Support

If your condition requires that you need individual support please bring a friend / family member or if this is not possible contact the Sport & Physical Activity Development Team in order to discuss.

Family Walks

Group walks suitable for adults, babies and children. These themed family walks take place from various libraries during school holidays

Nordic/Pole walking

Group walks using poles to provide a slightly more demanding walking activity. The walk leader provides instruction on correct techniques and all necessary equipment. See www.kirklees.gov.uk/walking for more details

Pathways to Health

Mapped walks of up to 60 minutes in your local area to enjoy on your own or with family and friends, See www.kirklees.gov.uk/walking

Walking for Health -Walk Leader Training

A one day free training course providing you with skills, knowledge and equipment necessary to lead health walking groups in Kirklees.

www.kirklees.gov.uk/walking

Walking your way to health



Health walking in South & Central Kirklees

includes Huddersfield, Holmfirth and Colne Valley

2019

For further information please contact:

Sports and Physical Activity Development Team

Tel: **01484 221000** ask for the above team






Email: spadt@kirklees.gov.uk


Or the Walking for Health website www.walkingforhealth.org.uk





SOUTH & CENTRAL KIRKLEES WALKING TIMETABLE

(Please phone the walk leader prior to attending to find out more about the walk)

Meet at	Type of Walk				Day	Time	Contact	Phone No.
				HW+				
Meltham Library Carlile Street Car Park					Monday	10.00 am	Patrice	01484 851498 07779 036788
Fartown Health Centre					Monday	1.25pm	Val	07854 486015
Scissett Baths & Fitness Centre (reception)					Monday	2.00pm	Bruce	01484 604367 07488 564822
Colne Valley Leisure Centre Slaithwaite					Tuesday	10.30 am	Colin	07084 105726
Lindley Library 					1st & 3rd Tuesday	11.00 am	Yvonne	01484 305968
Paddock Community Centre 					2nd & 4th Tuesday	11.00 am	Yvonne	01484 305968
Outside the Bus Station entrance near café, public transport used to start point					Tuesday	11.00 am	Judy	01484 450833
Castle Hill (Victoria Tower)					Every third Tuesday Sept 18, Oct 9, 30 Nov 20, Dec 11 2018	11.00 am	Darren	07827 927585
Honley Library					Tuesday	11.30 pm	Peter	01484 321506
Metham Library Carlile Street Car Park					Tuesday	1.30 pm	Ann	07779 936026
Marsden Information Point & Library					1st & 3rd Wednesday	11.00 am	Colin	07084 105726
National Trust Office near Marsden Railway Station					2nd & 4th Wednesday	10.45 am	NT Office	01484 847016
Breast Cancer Support Walking Group Alternate weeks Greenhead Park main entrance/ conservatory Beaumont Park main entrance/notice board					Alternate Wednesdays	GHP = 11am BP = 1.30pm	Maria Kay	07821 670438 01484 533606
Stadium Health and Fitness Club, Huddersfield (reception)					Wednesday	11.00am	Bruce	01484 604367 07488 564822
Huddersfield Leisure Centre (reception)					Wednesday	12 Noon	July	07970 096486
Denby Dale – entrance to Springfield Mill Shopping Centre					Thursday	10.30 am	Ingrid	07748 453433
HD3 Fitness Centre Salendine Nook					Thursday	10.45 am	Yvonne	01484 305968
Greenhead Park Main gate by the Lodge/Conservatory					Thursday	11.00am	Toni	01484 513213
Woodlands Glade Centre, The Green, Bradley					Thursday	1.30 pm	Martin Andy	01484 312650 01484 351712
Kirkheaton Parish Centre Church Lane, Kirkheaton					Thursday	2.00 pm	Richard	01484 423885
Lepton St Johns Church car park, Green Balk Lane, Lepton					Thursday	2.00 pm	Helen	07917 685807
Civic Hall Holmfirth					Friday	10.45 for 11am prompt start	John Carol	07956 505808 01484 661866
Beaumont Park meet in the visitor's centre					Friday	2.00 pm	Pat	01484 301125 07775 601819
Mount Methodist Church, Moorlands Rd, Huddersfield					Friday	10.30am	Vincent	01484 326275

 **Walking for Health grade 1 walk**– suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

 **Walking for Health grade 2 walk** – suitable for people who are looking to increase their activity levels. They are between 45 - 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

 **Walking for Health grade 3 walk**– for people looking for more challenging walks and increasing their level of physical activity. They are generally 45 – 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

HW+ Health Walk Plus – a walk of longer duration over a more challenging terrain.