Walk Leaders Needed!

We also need more walk leaders. Full training will be given. All we ask is that you commit to helping with a walk at least once a month - this will take two to three hours. You will be helping to keep people active and this has been proven to save lives and keep people out of hospital.

Why not come and join us for one of our walks?

Details of all walks are available at libraries, doctor’s surgeries, tourist information offices and leisure centres.

All walks start at 10.30am but we ask people to arrive at 10.15am - all new walkers coming for the first time will be asked to complete a health questionnaire.

Our groups are friendly and welcoming - come on your own or bring a friend.

Get fit and meet new people

Walking is low impact and FREE, all you need is a good pair of shoes

Walking is proven to be beneficial for a number of medical conditions, such as depression, heart disease, cancer, type 2 diabetes, obesity, dementia and osteoporosis.

1 hour

Walking has been shown to help manage weight, reduce stress and increase energy levels.

If you live in Hambleton there is a friendly group that provides risk-assessed, led walks around the market towns of Northallerton, Bedale, Thirsk, Easingwold, Great Ayton and Stokesley. You may have seen us on our walks or gathering for a start outside your doctor’s surgery.

The walks last around one hour and are designed for people who have perhaps not walked before or who are coming back from a health problem and want to get fitter.

If you do not think you can walk for an hour the walk can be shortened. No one is left behind and no-one is made to feel they are slowing the others down. We always finish our walks with a drink and a chat!
Walking for Health is a national organisation which has been in existence for over 10 years.

There are over 600 walking for health groups across the country... helping over 35,000 people each week join in a led health walk in their natural environment.

Over 42,000 people have trained as walk leaders across the country... and over 1 million people have been encouraged to get out walking by the scheme.

The health benefits of walking are proven and helping people to get out and walk can have a real impact on their quality of life.

For more information have a look at the national website walkingforhealth.org.uk

For more information contact Paul Fisher on 01609 771724 or by email paul.fisher@ageuknorthyorkshire.org.uk

This information is available in alternative formats and languages

Start walking and feel the benefit

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WE ARE MACMILLAN
CANCER SUPPORT

ramblers
DISTRICT COMMITTEE

Your local walking to health group

STROLLERS