

Walk your way to happiness

If you are new to exercise or have not exercised for a while, walking is the ideal way to start increasing the amount of physical activity you do each day. It is free and can be built into everyday activities, so you do not need a lot of spare time to fit it in. Visit www.walkit.com/derby for your very own route planner.

How much should you be doing?

Any amount of walking is a great start. Adults should aim for a total of 30 minutes of moderate physical activity at least five days of the week. You will know you are achieving this when

- you have an increased breathing rate
- you feel warmer than usual and slightly sweaty
- your heart rate is beating faster than usual, but not racing.

What to wear?

Wear comfortable clothing that is easy to walk in. Several thin layers are better than one thick layer. It gives you the opportunity to take a layer off if you get too hot and put it back on if you get chilly. If the weather looks changeable take a waterproof jacket and if you are walking in the countryside be advised it may be muddy. Flat shoes or trainers are ideal for city walking but walking boots are recommended in muddy conditions as they give your feet and ankles more support. Also, do not underestimate the value of socks. Cotton sport socks or walking socks are ideal as they absorb sweat, assist with keeping your feet dry and help prevent blisters.

Stay Safe... the golden rules

If you walk alone always take a mobile phone and tell someone where you are planning to walk. Take care when walk routes take you near busy roads and watch out for cyclists. Plan your route or use a map if you are not familiar with an area and use paths that are lit and well used, especially at night. Finally, be prepared to change your route if you feel unsafe.

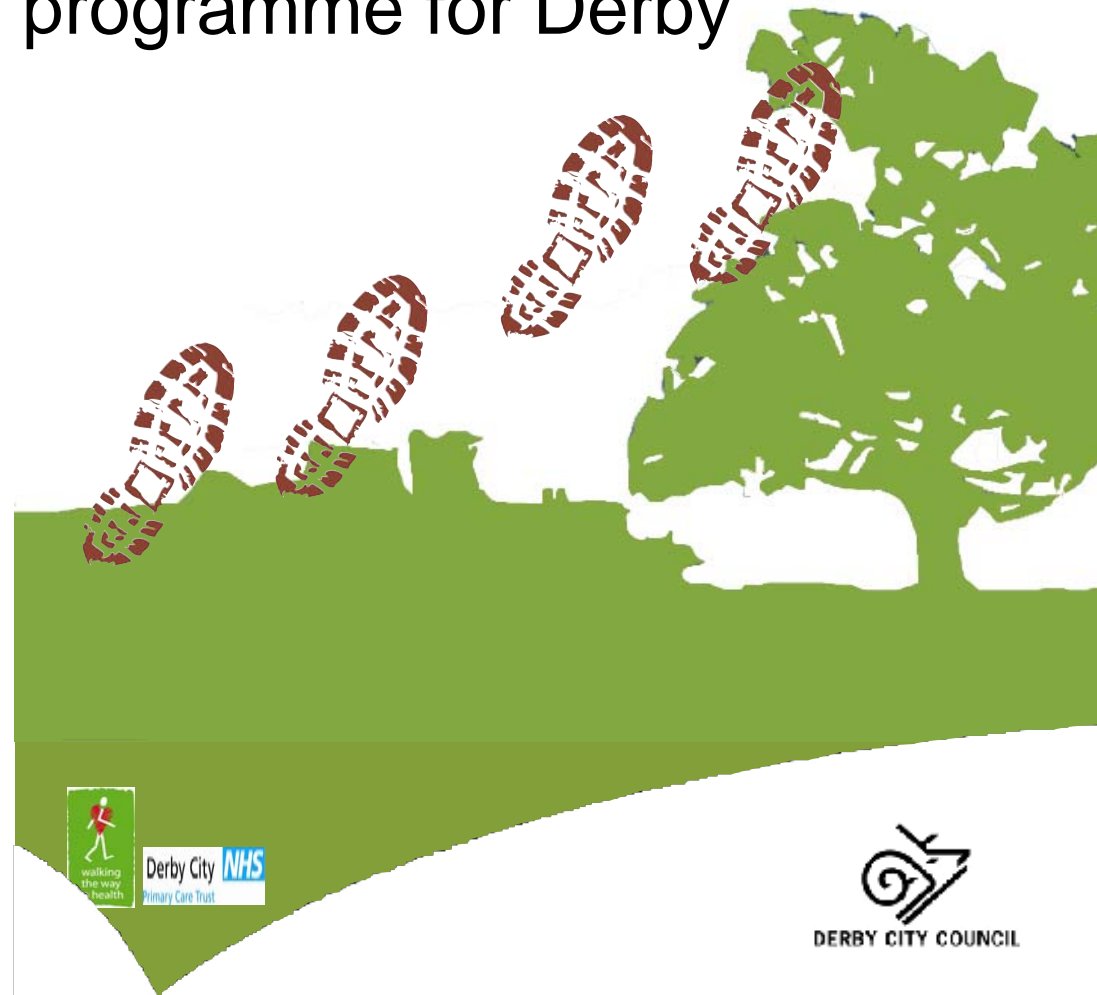
Get to it!

Walking is a great way to control your weight, spend time with friends and family, enjoy time to yourself and keep happy. So what are you waiting for? Try it today!



feel the difference

Walk your way to happiness with the b-active walks programme for Derby



Join in...

There are many walking groups out there eager to welcome new members of all ages and walking experience. Whether you fancy a short health walk or something a bit more challenging there is a group ready for you.

On all of the walks listed, please arrive at the meeting point for 9.45am for a 10am start. Wear comfortable clothing and footwear and bring a bottle of water. Unfortunately no dogs, except registered guide dogs, are permitted on any walk.

Alvaston Park Walking for Health

Every Thursday, 9.45am, St Osmunds Church, London Road, Wilmorton DE24 8UW

Details: Jean MacDonald on 01332 571329 or www.alvastonparkfriends.org.uk

Derwent Trekkers

Every Thursday, 9.45am, Revive Healthy Living Centre, Roe Farm Lane, Chaddesden DE21 6ET

Details: John Swan on 01332 367843 or www.whi.org.uk

Sinfin Health Walks

Every Wednesday, 9.45am, The Health Centre, Arleston Lane, Sinfin DE2 3DS

Details: Cheryl Elliott at Sinfin Health Centre on 01332 764012

Please join us for tea and coffee afterwards at Sinfin Health Centre or at the local ASDA café depending on availability.

Spondon Health Walks

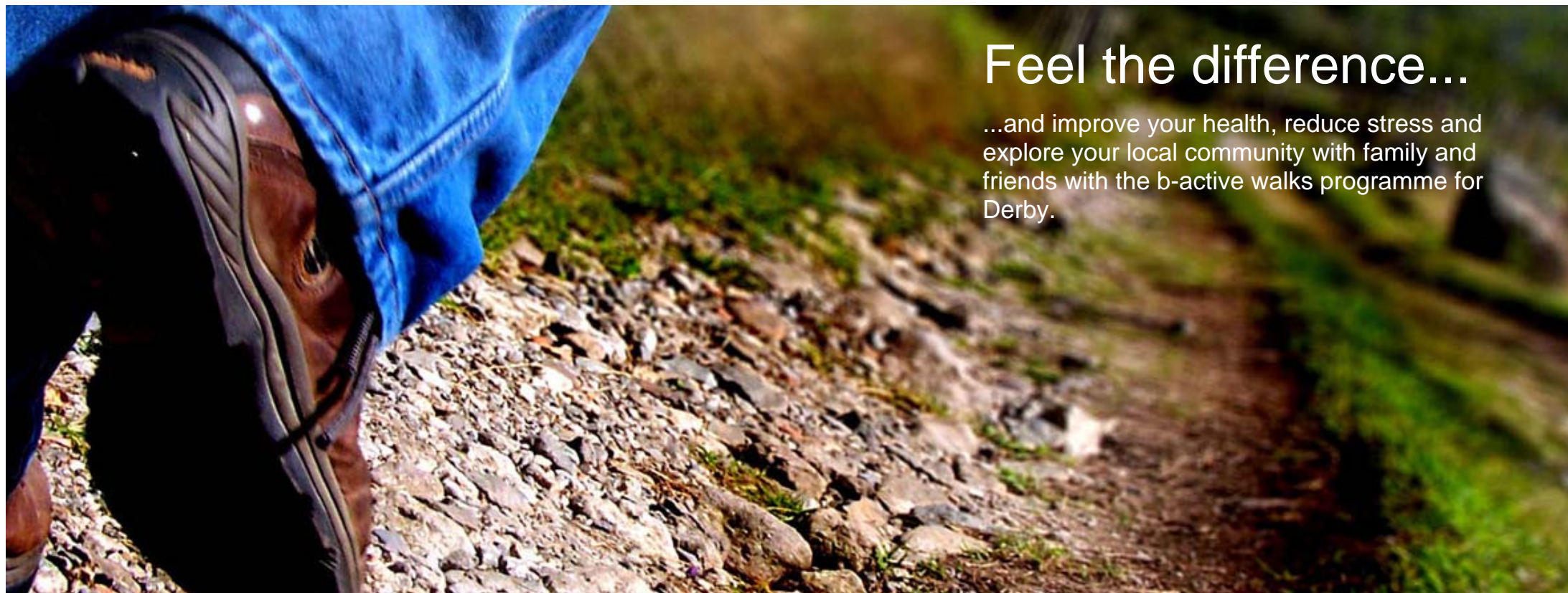
Every Wednesday, 9.45am, Spondon Village Hall, Sitwell Street, Spondon DE21 7FG

Details: Nadine Boreland on 01332 641247

Tim Fitzgerald, after 4pm, on 07972 384523

For advice on what to wear and downloadable walking programmes visit www.bactivederby.com/kickstart for plenty of walking knowledge. You can also find out about 'Walk it', a new online service that allows you to plan your own walking route in Derby.

Visit www.bactivederby.com/kickstart click on to the Kickstart into exercise option at the top of the website page before clicking on the 'walking' option listed on the left-hand side of the website.



Feel the difference...

...and improve your health, reduce stress and explore your local community with family and friends with the b-active walks programme for Derby.