

Swindon Health Walks

Beneficial weekly walks for all ages and abilities



<p>Shaw Walks Lower Shaw Farm SN5 5PJ Mondays @ 2pm</p>	<p>Central Walks Broadgreen Community Centre SN1 2AN Tuesdays @ 10am</p>
<p>Walcot Walks Walcot Dome Community Centre SN3 3BS Wednesdays @ 10am</p>	<p>Ramleaze Wheelie Walks Ramleaze Community Hall SN5 5PX Wednesdays @ 9:45am</p>
<p>Shrivenham Walks St Andrews Church High Street SN5 8AN Wednesdays @ 10:30am</p>	<p>Haydon Wick Walks Haydon Centre SN25 1QQ Thursdays @ 9:45</p>
<p>Eldene Walks Eldene Community Centre SN3 3RZ Thursdays @ 2:30pm</p>	<p>Parks N&S Walks St John's Church SN3 2LZ Thursdays @ 3:45pm</p>
<p>Liden Walks Derryck Evans House SN3 6LL Fridays @ 10:30am</p>	<p>Eldene Wheelie Walks Highworth Wheelie Walks Summer Walks Only</p>
<p>New walk this winter Toothill SN5 (Please contact us for details)</p>	<p>New walk this winter Wichelstowe SN25 (Please contact us for updates)</p>



NOVEMBER 2011

Walking for Health in Swindon

Swindon Health Walks are free, safe and friendly

Swindon Health Walks are short group walks, lasting 40 - 60 minutes with socialising and light refreshments at the end.

The walks are guided by trained volunteers and are part of a nationally accredited scheme aimed at improving health and encouraging enjoyment of local parks and green spaces.

The overall walking pace will be brisk and steady so the walks are beneficial for health but they should not make walkers too breathless (walkers should still be able to hold a conversation).

Walkers will be encouraged to:

- ♥ Breathe a little faster
- ♥ Feel somewhat warmer
- ♥ Increase their heart rate

For more information visit www.challengeswindon.org.uk or contact: Cheryl Heyne, Swindon Health Walks on 01793 465413 or 07856 609379 or e-mail: cheyne@swindon.gov.uk

Swindon Borough Council's Health Improvement Team

We are promoting participation in regular physical activity to all

Health walks are suitable for both inactive & active people and a health walk will contribute to the target of 5 x 30 minutes of activity per week

Anyone who can walk a short distance will benefit from joining Swindon Health Walks on a regular basis

Please note: Swindon Health Walks will occasionally start off-site at a different venue for 'away-day specials'