

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



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)

### How do I start?

Sunderland City Councils Wellness Walking Programmes are FREE, fun and friendly, and a perfect way to help you to get more active and to meet new people.

**Walkers are advised to wear weather appropriate clothing and footwear and to bring along a drink.** Please arrive a few minutes early, so that our trained Walk Leaders can take your details and show you the necessary technique (Nordic requires technique training).

Then you're free to take part in as many walks as you like, as often as you like!

**The walking programmes are subject to change. All new walkers are asked to contact: Laura Bartlett, T: 561 4693, E: [laura.bartlett@sunderland.gov.uk](mailto:laura.bartlett@sunderland.gov.uk)**

**For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)**



# step right up

## SUNDERLAND

### Wellness Walking Programme

3<sup>rd</sup> January to 31<sup>st</sup> March 2017



**activeSunderland**

## HEALTH WALKS:

Sunderland City Councils Wellness Walking Programme is an accredited National Walking for Health Scheme. All of our weekly led health walks are FREE of charge and are delivered by friendly Volunteer Walk Leaders and Staff. The walks are a great way to get out in the fresh air, have fun, meet new people and improve your physical and mental wellbeing. The walks are suitable for all ages, fitness levels and abilities, last for between 30 and 90 minutes and are tailored each week to meet the needs of the walkers in the group.

## NORDIC WALKS:

Nordic walking uses special Nordic Walking Poles, which means that the upper body muscles are used as well as the legs, therefore burning more calories than walking alone and uses approximately 90% of the muscles in your body. Research shows that Nordic Walking is ideal for those with neck, shoulder, knee and back problems, and can also be used as a progression from health walks. Nordic Walking Poles are provided FREE of charge to use at the walks.

## TIMETABLE OF WEEKLY WALKS: 3<sup>RD</sup> JANUARY TO 31<sup>ST</sup> MARCH 2017

(B) = Beginner Walk, (A) = Advanced Walk, MOTM = Mums on the Move Walk

DAY:	WALK TYPE:	TIME:	MEETING POINT:
Mon	MOTM	9.30 - 10.30am	Silksworth Community Pool, outside main reception
Mon	Health	10.00 - 11.00am	Herrington Country Park, play park car park
Mon	Health	1.30 - 2.30pm	Barnes Park, outside of Coach House Café
Tue	Health	9.30 - 10.30am	Washington Village Hall, Car Park
Tue	MOTM	9.30 - 10.30am	Miss Tina's Coffee Shop Washington, outside area *NEW*
Tue	Nordic	10.00 - 11.30am	Rainton Meadows Nature Reserve, Car Park
Tue	Health	6.30 - 7.15pm	Seaburn Centre, outside area
Wed	Nordic	9.30 - 11.00am	Seaburn Centre, main reception area
Wed	Health (B)	12.00 - 12.45pm	Mowbray Park, the Walrus
Wed	Health (B)	12.30 - 1.00pm	Berghaus (Colima Ave), at flags, outside of reception
Thur	Nordic	6.30pm - 8.00pm	Seaburn Centre, main reception area
Fri	Health	10.00 - 11.00am	Arts Centre Washington, outside of reception
Fri	Health (A)	10.00 - 12.00noon	Arts Centre Washington, outside of reception
Sat	Nordic	9.45 - 11.15am	Herrington Country Park, play park car park
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**BIG Events 2017: COMING SOON!**



## MUMS ON THE MOVE (MOTM):

Weekly group walks especially for new mums. The walks are led by a trained walk leader who will take you and your baby (in the pushchair) on a structured walk which includes strengthening and toning exercises suitable for new mums.

(Please note you should have had your 6-8 week post natal check and approval to exercise from your GP before taking part in any exercise programme).

## VOLUNTEER WALK LEADER OPPORTUNITIES:

Would you be interested in becoming a Volunteer Health Walk Leader, Nordic Walk Leader or Mums on the Move Walk Leader with the Wellness Walking Programme?

Or are you keen to start your own group walks in Sunderland? Full training can be delivered to groups and individuals.



For further information on anything contained in this leaflet, please contact:

Laura Bartlett, T: 561 4693,

E: [laura.bartlett@sunderland.gov.uk](mailto:laura.bartlett@sunderland.gov.uk), or,

Anthony Hindmarch, T: 561 4578,

E: [anthony.hindmarch@sunderland.gov.uk](mailto:anthony.hindmarch@sunderland.gov.uk)

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## MUMS ON THE MOVE (MOTM):

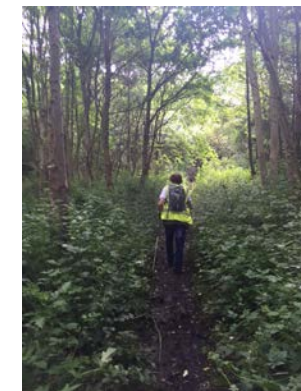
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