

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

How you can get involved

Waverley Countryside – Walks for Health is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch on Tel: 01252 723208

Email: carolsearle@pfpleisure.co.uk.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



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)



step right up

Waverley's Walks for Health
Walks programme
April 2014-September 2014



Supporting you to get active and stay active



Join us on our weekly health walks. They give you the opportunity to take regular exercise, enjoy your local environment and meet new people. Best of all, the walks are **FREE**.

All you need to do is turn up in comfortable shoes and enjoy the walk!

Walks led by trained volunteers

Regular organized walks are provided from four locations within Waverley. All are led by volunteers, who have attended a Walks for Health training day, with back markers making sure that everyone completes the walk at a pace they find suitable.

How long are the walks?

Most walks are 40-60 mins and are approximately 2 miles. Walks routes vary every week, but all are risk assessed first. Some locations offer a longer walk once every month. 30 minute walks are offered on a monthly basis for each scheme.

How fast do you walk?

Walks take account of the pace of the slowest person, but the aim is for brisk walking to increase your heart rate and make you breathe a little faster than normal.



What do I need to bring?

Comfortable shoes, and suitable clothing - this is Britain!

Who will be there?

Other people like you, who want to improve their health, enjoy some air and exercise, and meet other people.

Walk times & locations

Cranleigh

Every **Wednesday and Saturday at 11am**. Meet at Cranleigh Leisure Centre. Cranleigh walks tend to be slightly longer (40-90 mins and are from 2-4 miles long). New walkers are recommended to start with the shorter walk on the **first Wednesday of the month** there is a 30min walk at **11am**.

Farnham

Every **Tuesday at 10.30am**. Meet at Brightwell's Gostrey Centre, Dogflud Way. Two walks are offered each week, including a shorter slower walk which still takes about 60mins or join us on the **first Tuesday** of the month for a 30min walk. A third faster longer walk is also offered on the **last Tuesday of each month**, for the more experienced walkers. Tea and coffee are available at the end of every walk (payable at the time), and on **the last Tuesday of the month**, all walkers are invited to come along to a lunch at the Gostrey Centre (please bring money).

Godalming

Every* **Thursday at 11am**. Meet beside the Walks for Health meeting post on the Riverside Walk in the Phillips Memorial Park. The meeting point can be found by taking the entrance path into the Park, opposite the Council Offices car park (yellow barriers), then turning left along Riverside Walk for about 15 metres. *[A longer walk replaces the short walk on the first Thursday of each month](#); this includes a pub lunch (for which you will need to bring money). On the second Thursday of the month we offer a short 30min walk which leaves at standard 11am.

Haslemere

Every Tuesday walks leave at 2.30pm, from Haslewey Community Centre (with a special 30 minute walk leaving on 1st Tuesday of the month at 3pm). **Thursday walks leave at 1pm from the High Lane Community Centre. Saturday walks leave at 11am** from The Edge Leisure Centre (returning to Herons in October 2014)

New leaders wanted!

We always need new leaders. If you would like to become a voluntary leader (and/or back marker), try one of the walks first to see what they are like, and then contact us. You will be invited to.

attend one of the regular one-day training courses, where full training will be given locally No previous experience is necessary, just a willingness to help and an enjoyment of walking which you would be willing to share with others. A sense of humour would be useful!

About Walks for Health

The Waverley Walks for Health scheme is part of [Walking for Health](#) (a national initiative now led by the Ramblers, with support from Macmillan Cancer Support).

More information

Contact your local Leisure Centre for details on specific walks in your area:

- Haslemere, The Herons
Tel: 01428 658484
- Godalming Tel: 01483 417282
- Farnham Tel: 01252 723208
- Cranleigh Tel: 01483 274400

For general information about all walks in the scheme, please contact Carol Searle (Walks for Health Contact)
Tel: 01252 723208
Email: carolsearle@pfpleasure.org.uk

