

## More information

- The walk is led by a walk leader who is trained to look after you. The walk is at your own pace although a brisk pace is recommended for better health for a short part of the walk.
- Sessions will normally be 45 minutes to an hour in length and close to a café
- If you have any existing medical conditions you should see your doctor in advance for advice.
- On your first walk you should arrive 15 minutes early in order to fill in a brief Outdoor Health Questionnaire for your own safety.
- All of the walks are on flat paths, however prepare for grass, fallen leaves, uneven surfaces or puddles after rain.
- Please wear comfortable clothing, sturdy shoes and be prepared for the weather. Layers are useful as you may warm up during walking activity.
- Please let us know if you are interested in doing free Walk Leader training.



## Helston First Steps Walking Group

# Gathering Pace - Health Walk



**Every Thursday afternoon at 1.30pm  
Starting from the free car park opposite  
the boating lake**

**Free social walking group for those who are taking their first steps to a healthier lifestyle**

**For more information contact:  
Diane Warren, Health Promotion Service 01209 310066**

# Why Walk?

Not only is walking a great social activity which can make new friends, walking can also improve your health

## It can also improve your

- ◆ Wellbeing
- ◆ Confidence
- ◆ Stamina
- ◆ Energy
- ◆ Weight Control

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*It's a good way to  
meet people and  
make friends*

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## It can also help to

- ◆ Make you feel good
- ◆ Reduce stress and help you sleep better
- ◆ Keep your heart 'strong'
- ◆ Reduce blood pressure

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'Walking is the nearest activity  
to perfect exercise'

Professors Jenny Morris and Adrienne Hardman

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Let us know if you need transport for further venues, we may be able to arrange car share.