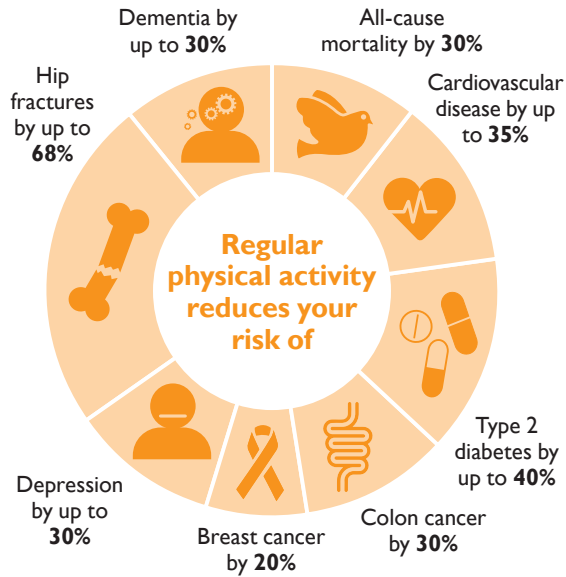


But why move more?



Physical inactivity is the **4th largest** cause of **disease** and **disability** in the UK

For a healthy heart and mind you should do

150
minutes

of moderate intensity exercise per week

Something is better than nothing

Start small and build up gradually, **just**

10
minutes **at a time** provides benefit



Make a start today, it's never too late!

How to get involved

Whether you're an existing volunteer, work with a community group or organisation, or simply have a passion for walking... please get in touch.

Training is **FREE** to anyone interested in leading a walk within their community. Open access training sessions will be promoted across the County, alongside tailored, training opportunities within specific areas and communities.

Training will cover;

- How to plan, risk assess and lead walks safely.
- The benefits of walking and how to promote and encourage others.

We will also provide;

- Post training support to help set up walks
- Help to promote and grow the number of people taking part in your walks

Register your interest: www.activecumbria.org/cumbriawalkingforhealth

For more information please get in touch, contact:

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Active Cumbria
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Cumbria Walking for Health



Keen to make a difference in your community... keen to improve your health



Active Cumbria wish to work with local groups, organisations and individuals to develop a network of sustainable and accredited health walks.

We aim to establish walking groups in new areas, and encourage as many people as possible to take up walking to improve the health and wellbeing of our communities.

Free training and ongoing support will be provided for anyone who wishes to become a local walk leader and develop guided walks in their area. This is funded through Cumbria County Council.

There are a limited number of groups already in existence within Cumbria; however there is scope to create many more, providing new opportunities and increased access.

What is Walking for Health?

Walking for Health is England's largest network of health walk schemes, run by the Ramblers and supported by players of the People's Postcode Lottery. Local groups and organisations are supported to develop and run Walking for Health groups to meet local need.

Walking for Health is tried and tested, and one of the most effective interventions to encourage walking. Accredited schemes are insured and provide ongoing support to volunteers whilst monitoring the impact.

A Health Walk is...

- A free organised walk led by walk leaders, and run on a regular basis.
- Over easy ground - a minimum of 10–30 minutes and never longer than 90 minutes.
- Open to all but especially suitable for beginners and those returning to activity.
- At a pace that is right for the individual and caters for all abilities.
- To start and finish within the local area – familiar and easy to access locations.

Why Walk?

It's official, walking is the most popular form of activity!

Here's why...

- It's a simple, accessible, low cost, and sociable way to become more active.
- Ideal for people of all ages and abilities, especially those seeking to become more active.
- A great way to explore your local area.
- Easy to fit into your daily routine whether by walking to work or walking the kids to school.

Becoming more active improves your physical, mental and social wellbeing. Just a brisk 10 minute walk every day can make a real difference.

Walking regularly can;

- Reduce the risk of some Cancers, Type 2 diabetes and Heart Disease.
- Be as effective as antidepressants or psychotherapy, in treating mild or moderate depression.
- Support social interaction and reduce social isolation through group led walking activity.

