

# Why walk?

There is compelling evidence of the benefit of moderate intensity physical activity, such as walking. Those who participate regularly, enjoy considerably longer life expectancy and improved mental health; for example, regular walking has been shown to relieve stress and halve the risk of developing heart disease.

## Good reasons to walk

- **For health:** walking strengthens your heart, bones and muscles and helps to control your weight.
- **For wealth:** walking is free and will enrich your life in many ways.
- **For happiness:** walking improves your mood and helps combat depression.
- **For comfort:** go for a walk in your local park or wood and discover how nature can reduce stress and calm your mind.
- **For joy:** walk with friends or join a walking group and discover just how much fun walking can be!



## South Derbyshire District Council - Get Active in The Forest

"Get Active in The Forest" is an outdoor activity programme including around 40 led walks per month.

### Walking for Health in South Derbyshire District

Name of Walk	Time and Day	Start point	Level	Cost
Hilton	10.30 Mondays	Outside the Hilton Brook Pub	Beginner and Intermediate	Free
Calke Abbey	2pm Mondays (except the 5th in the Month)	Main car park near the building	Beginner and Intermediate	£1 - co-organised by the National Trust
Overseal Surgery	1.30pm Tuesdays	Outside Overseal Surgery	Intermediate	Free
Green Bank Leisure Centre	10am Wednesdays	Inside the Leisure Centre	Beginner	Free
Castle Gresley Surgery	1pm Wednesdays	Inside the Surgery	Intermediate	Free
Swadlincote Surgery	1pm Wednesdays	Inside the Surgery	Beginner and Intermediate	Free
Hilton Evening	6.30 Fortnightly Weds (including walk on the 20th May)	Outside the Hilton Brook Pub	Beginner and Intermediate	Free
Newhall Surgery	1.45 pm Thursdays	Inside the Surgery	Beginner and Intermediate	£1 inc free drink at the Old Post
Willington	1.30pm Thursdays	Canal car park next to Green Dragon	Beginner and Intermediate	Free
Prestwood Surgery Midway	2pm Fridays	Inside the Surgery	Beginner and Intermediate	£1 inc free drink at the Surgery.

Call 01283 563483 for more information or visit [www.south-derbys.gov.uk/events/getactive](http://www.south-derbys.gov.uk/events/getactive)

### Hinckley & Bosworth Borough Council

For What's Active in Hinckley & Bosworth? - a guide to walks and physical activities

Telephone 01455 255913

### East Staffordshire Borough Council

Sport East Staffs runs Health Walks weekly, at a variety of venues, for anyone who wants to try and maintain or improve their health and enjoy an excellent opportunity to socialise.

Call 01283 505916 for more information.

### Active Together North West Leicestershire District Council

Organised walks, and physical activity sessions in community venues, for you to take part in around the district, are all listed in the free programme booklet. For more information call 01530 454830

### Charnwood Borough Council

For a copy of the free What's on in Charnwood Physical Activity Booklet. Telephone 01509 634587



**Walking the way to Health** is a joint initiative between Natural England and the British Heart Foundation and aims to encourage people, particularly those who take little exercise, to do regular short walks in their communities. Walking is one of the best forms of exercise to improve your health. All walks are led by qualified and friendly leaders and provide an excellent opportunity to socialise while improving your health. [www.whi.org.uk](http://www.whi.org.uk)

The National Forest area has a wealth of Walking the Way to Health groups who meet weekly.

