

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. 1095572, Scotland no. SC039799)

How you can get involved

Walk Stockport is your local Walking for Health Scheme. Our walks are **free** and friendly; perfect to help you get active and meet new people. If you'd like to take part, 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. Please ensure you wear appropriate clothing and footwear.

For more details contact Russ Boaler 0161 474 3941

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

step right up

Walk Stockport Health Walk Programme

April - September
2019



Monday (excluding school summer holidays and Easter/May bank holidays)

Etherow Country Park (Dementia Friendly), Compstall

Meeting place: Outside the café, SK6 5JD

Time: 1.30pm

Length of walk: 1hr

Available to members of Marple Dementia drop in group only.

Walkers must have a carer/buddy with them.

Contact: Paul Oakley on 07554 868664

Tuesday

Tangshutts Lane, Romiley

Meeting place: Hewitt's coffee shop, Compstall Rd, Romiley (opposite the Forum), SK6 4BT

Time: 10.00am (ends at coffee shop)

Length of walk: 45 mins (there are benches on this route).

Contact: Chantal Johnson on 07500 316561

Wednesday

Alvanley Family Practice, Woodley Health Centre

Meeting Place: Woodley Health Centre, SK6 1ND (Alvanley reception)

Time: 12 noon

Length: 30 mins, no benches, some parts are steep

Contact: Alvanley Practice on 0161 426 5757

Wednesday

Alexandra Park, Edgeley

Meeting place: Pavilion at Alexandra Park, Edgeley, SK1 3XE

Time: 2.15pm

Length: 20 mins, suitable for getting back into activity

Contact: Avril Jackson on 07800 764525

Thursday

Beechwood Care, Bridgehall

Meeting place: Beechwood Centre, Chelford Grove, Bridgehall, SK3 8LS

Time: 10.30am

Length: 40 mins (benches in the park)

A circular walk from Beechwood and on to Alexandra Park, Edgeley.

Open to anyone who has been affected by cancer.

Contact: Peter Threader 07979 068290

Friday

Bracondale Medical Practice, Heaviley

Meeting Place: Alternates between Woodsmoor Station & Woodbank Park (contact Bracondale Surgery for details)

Time: 10.30am

Length: 1hr (circular walk at Mirrlees Fields or Woodbank Park)

Contact: Bracondale Surgery reception 0161 426 9050