

Walking has been described as the perfect exercise, and we completely agree!

### Healthy Bodies

Walking is a normal, every day activity - and that's partly why we forget it's actually exercise at all. It's good for us. It can help us stay healthy and watch our weight. It gives us energy.

### Healthy Minds

Walking – Just like when we do any kind of exercise, our brains release chemicals that make us feel good. This means walking can help with things like depression, stress and anxiety.

### Meet New People

Walking as part of a group is a good way to start and keep going. You'll make friends, encourage each other, develop a network of supportive fellow walkers and discover new walks in and around your area.

### Preventing Illness

Being active is a great way to help reduce the risk of a number of different illnesses. People who stay active are less likely to have certain types of cancer, diabetes and heart conditions.

Walking for Health is run by the Ramblers and Macmillan Cancer Support. By sharing their walking and health expertise they enable our schemes to offer short, free, local health walks in communities across England.

The partnership demonstrates both organisations ambition to help more people, including those affected by cancer, discover the joys and health benefits of walking.

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@healthywalks



www.warwickdc.gov.uk



# Health Walks

in Warwick District



# About Walking for Health

Why not join one of our regular Walking for Health walks in Leamington, Warwick, Warwick Gates, Kenilworth or Hampton Magna.

A great way to keep a healthy mind and body, meet new people and prevent illness.

Walks are led by a friendly team of volunteers and vary in length and distance from half a mile to four miles depending on your walking ability and most cater for wheelchairs.

## Royal Leamington Spa SYDNI STROLL FOR BEGINNERS

<b>Where</b>	SYDNI Community Centre, Sydenham, CV31 1PT
<b>When</b>	Every Wednesday at 10.30am
<b>How long</b>	1 – 1½ hour <b>How Far?</b> Up to 3 miles
<b>What do I need</b>	The route varies each week dependant on weather and walking abilities. Just a good pair of shoes as it's a bit muddy in parts!
Toilets and refreshments are available; wheelchair accessible; parking nearby	

## Warwick PRIORY POOLS PARK

<b>Where</b>	Lyttelton Rd, Warwick CV34 5EP
<b>When</b>	Every Monday at 2.30pm
<b>How long</b>	30 minutes <b>How Far?</b> 1 mile/flexible depending on ability
<b>What do I need</b>	Suitable footwear but the walk is on a designated path around the park
Toilets and refreshments are available; wheelchair accessible; public transport accessible	

For more information visit our website

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

## Hampton Magna THE OPEN DOOR CAFÉ

<b>Where</b>	3 Slade Hill, Warwick, CV35 8SA
<b>When</b>	Every Wednesday, 11am
<b>How long</b>	Vary from 60-90 minutes <b>How Far?</b> 2.5 to 4 miles. Weather dependant Call Caroline Edwards for more details 07816 074387
<b>What do I need</b>	Just yourself and suitable footwear as paths can be uneven or muddy depending on the walk.
Toilets and refreshments available; wheelchair accessible; car parking nearby	

## Kenilworth CASTLE MEDICAL CENTRE

<b>Where</b>	Castle Medical Centre, 22 Bertie Road, Kenilworth, CV8 1JP
<b>When</b>	Every other Monday at 12.30pm; every other Wednesday at 10:30am
<b>How long</b>	30 minutes <b>How Far?</b> ???
<b>What do I need</b>	Just yourself!
Toilets, public transport accessible & car parking nearby	

## Kenilworth ABBEY FIELDS

<b>Where</b>	Abbey Medical Centre, 42 Station Rd, Kenilworth, CV8 1JD
<b>When</b>	Every Friday at 12.30pm
<b>How long</b>	30 minutes <b>How Far?</b> From 0.5 to 3 miles depending on ability
<b>What do I need</b>	Sturdy footwear is handy, you might also want to bring a camera as there are some spectacular views of St Marys abbey and the lake always has a range of ducks and geese.
Toilets and refreshments available; wheelchair accessible with car parking nearby	