



## Walking for Health Shrewsbury & Atcham Timetable 2010

TIME	VENUE	GRADE
<b>MONDAYS</b>		
10.30am	ALBERT ROAD MEDICAL CENTRE, HARLESCOTT* 2 <sup>nd</sup> and 4 <sup>th</sup> Mondays of the month	Level One
<b>WEDNESDAYS</b>		
10.30am	MARDEN MEDICAL PRACTICE, SUTTON ROAD, SHREWSBURY	Level One Level Two
2.00pm	LONGLEAT COMMUNITY CENTRE, MINSTERLY*	Level One
10.30am	THE LANTERN, SUNDORNE In conjunction with Through the Doorway to Healthy Living	Level One/ Level Two
<b>THURSDAYS</b>		
10.00am	LADIES ONLY WALK, WOMEN IN MIND GYM CASTLE STREET, SHREWSBURY	Level Two
10.30am	THE QUARRY, SHREWSBURY* (Meet at the William Clement Memorial, Nr St. Julian's Friars car park)	Level One/ Level Two
2.00pm	LIFESTYLE FITNESS GYM, RADBROOK	Level One/ Level Two
<b>FRIDAYS</b>		
10.00am	PONTESBURY MEDICAL PRACTICE	Level One Level Two
10.00am	BELVIDERE MEDICAL PRACTICE* 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays of the month	Level One

See reverse for more details

\*These walks are wheelchair (and pushchair) friendly



## IMPORTANT DETAILS

- Walks start at various times and venues, please pay close attention to the timetable on the front.
- No special clothing is required. Suitable footwear is recommended.
- Please meet 5-10 minutes prior to the start time of the walk.
- Each walk will last between 20 minutes and 1½ hours depending on the grading (see below), with no scheduled stops.
- If you have not exercised in some time, or feel you have a medical condition that may affect your ability, please consult your GP.

## GRADING

### Level One

Easy terrain, very few or no gradients, gentle pace, 40 – 60 minutes.

### Level Two

Possible gradients, slightly faster paced, approx. 40 minutes – 1½ hours.

## THE HEALTH BENEFITS OF REGULAR WALKING

- ✓ Reduces blood pressure
- ✓ Reduces the risk of heart disease
- ✓ Aids weight management
- ✓ Reduces long term pain of arthritis
- ✓ Reduces risk of some cancers
- ✓ Improves psychological well being

FOR FURTHER INFORMATION, PLEASE CONTACT:

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Or visit us at [www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

***We want to make WfH walks available to everybody across Shropshire.***

***If there is not an existing walk in your local community and you are interested in setting up a new group, then we'd love to hear from you!***