

LAUNCH OF STALBRIDGE HEALTH WALKS

Thursday 15th November 2007 saw the inaugural Health Walk for Stalbridge. 33 walkers participated on a lovely autumnal sunny morning. Two routes were chosen and one group was led by Jan Wardell (health walks organiser) and a second by Helen Hedditch (one of a number of trained walk leaders). Both walks ended at Dikes supermarket for coffee.



These walks have come about due to the tireless work over the last few years of Jan Wardell. The initial plan is to have a walk every Thursday meeting at 10:30am outside Stalbridge Surgery.

Walks are gentle and are an introduction to the benefits of more exercise towards a better health. The Thursday walks will last under an hour. The aim is to gradually build up stamina and fitness.

With time there are plans to progressively increase the pace and duration of the walks, but each walk will be to suit the walkers.

Regrettably the walks are not suitable for children, buggies or dogs.

Please could each walker complete a health questionnaire and a walk questionnaire. These are available from reception or can be downloaded from our website www.stalbridgesurgery.co.uk

NEXT WALK: THURSDAY 29 NOV, 10.30am and EVERY THURSDAY THEREAFTER

Interested participants can simply turn up on the day but for more information contact Jan Wardell on 01963 362162 or please ask at the surgery reception.

SATURDAY WALKS

From 15th December Jan plans to commence Saturday walks of a longer duration e.g. 5 miles. These walks will inevitably involve stiles, and so may not suit everyone. These walks will be morning for the winter period and move into the late morning/afternoon as spring approaches.

What is a Health Walk?

- Health walks are short organised walks, led by trained volunteers from the local community.
- Health walks are perfect for beginners or those who would like to become more active.

Brisk walking is when you walk fast enough to make you breathe a little faster, feel warmer and have a slightly faster heart beat. But it should always be comfortable and you should still be able to talk!