



Physical Activity Progression Activities



A key aim of the Walking for Life! project is to enable people to progress from walking to other types of physical activity and sport, if they wish to do so.

The Walking for Life! project recognises that Walking the way to Health is the perfect starting point for an individual to change their lifestyle and improve their health by becoming more physically active. Although some people may never progress from Walking the way to Health, there may be individuals who would like to try out different activities but have never had the opportunity or confidence to do so.

In order to encourage this progression, Walking for Life! has created the idea of a 'Passport to Health'.

Congratulations!

By joining the Walking for Health group you have taken the **FIRST STEPS** towards a healthier lifestyle.

Look inside for

- Guided Walks
- Self-Guided Walks
- Volunteering opportunities
- Other types of physical activities you can enjoy in your area

It's never too late
There is no such thing as "too old to exercise". Whatever your age or current level of fitness you can benefit from doing a bit more physical activity. Try to get out and walk as much as possible within your own limitations.

Build it into your daily routine
Any activity is better than none, but to get the most benefit you need to do at least 30 minutes moderate physical activity on at least 5 days of the week.

Moderate activity is anything which involves:-

- Breathing a little faster
- Having a slightly faster heart beat
- Feeling warmer

Start at your own level
Start at a level that suits you; there is no point wearing yourself out on your first walk. Start gradually, set yourself small targets and goals, and build slowly from there; small changes can make a big difference; the most important thing is to make a start.

Listen to your body
If you feel any dizziness or pain whilst walking, slow down or stop completely and take a rest. If the problem continues, consult your doctor before walking again.

Walking is fun, free and can be done anywhere



The purpose of the passport is to provide details and contact numbers of other types of physical activity and sports in the local area. Included in this is information on local leisure centres and sports clubs.

In order to encourage people to progress onto these activities Walking for Life! has organised taster sessions for some of the activities, for example:

Orienteering

Orienteering taster sessions have been held at Carding Mill Valley and Llanymynech Country Park. A coach from the British Orienteering Society was booked for the day to give hints and tips on how to read an orienteering map. The morning sessions focused on using the easier courses which are accessible to all abilities, and in the afternoon the more adventurous moved onto the more difficult courses.



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The Orienteering sessions proved very popular and successful. It was felt that orienteering was a perfect progression route from walking and is an activity that can be enjoyed by all ages and all abilities.

Across Shropshire there are a number of permanent orienteering courses where individuals, groups and families can purchase a map from the on site shop and have a day out finding their way around the course. There is also the option to join the local orienteering clubs and attend the numerous events that are held. For more info visit the British orienteering Society website at www.britishorienteering.org.uk



There are many ways in which to link Walking the way to Health with other physical activity and sports, for example:

- Make links with local sports clubs and hold welcome evenings for any Walking the way to Health members that are interested in trying out a new sport e.g. tennis, bowls, and badminton.
- Develop partnerships with leisure centres to create incentives to encourage the Walking the way to Health members to use the facilities e.g. discount prices for use of the fitness suite/ swimming pool.
- Invite members of local sports clubs to join the Walking the way to Health group for a walk.
- Hold information evenings for the Walking the way to Health groups; invite all local sports clubs and other physical activity providers to attend and have displays or deliver talks.



For further information on Orienteering opportunities across Shropshire and the Midlands visit the websites below

www.wrekinorienteers.co.uk

www.wmoa.co.uk

www.britishorienteering.org.uk

For opportunities to get involved in active volunteering across Shropshire contact the organisations below

AONB Partnership – 01588 674080 www.shropshirehillsaonb.co.uk

Butterfly Conservation – 01743 340721 www.butterfly-conservation.org

CAVE (Craven Arms Volunteers in the Environment) 07870 135852

Fordhall Farm – 01630 638696 www.fordhallfarm.com

Green Wood Centre – 01952 432769 www.greenwoodcentre.org

Haycop Conservation Group – 01952 882318

National Trust – 0121 753 7752 www.nationaltrust.org.uk

Natural England – 0300 060 0693 www.naturalengland.org.uk

Penns Meadow – 01952 882055

Severn Gorge Countryside Trust – 01952 433880 www.severngorge.org.uk

Shawbury Moat Project – 01939 250295

Shropshire Council

Parish Paths – 01743 791984

Countryside Sites – 01691 624448 www.shropshire.gov.uk/countryside.nsf

Shropshire Wildlife Trust – 01743 284296 www.shropshirewildlifetrust.org.uk

Telford Green Gym – 01952 686310

Walking the way to health walk leaders – 01743 255059 www.whi.org.uk

Wye Wood Project – 01544 232707