



Taking the first step

You don't need special equipment and there aren't any joining fees. You can walk almost anywhere, and being outside can help you relax and forget about the stresses and strains of every day life!

It's never too late

Whatever your age or current level of fitness, walking is a great way to become more physical active.

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 moderately intensive physical activity on at least 5 days of the week.

Moderately intensive activity is anything which involves:

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

You should aim to reach a single session of 30 minutes but you can break this down into

- 3 x 10 minutes
- 2 x 15 minutes

Start at your own level

Start at a level that suits you; begin 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.

Keep active and keep the benefits

Any health benefits you have gained will be lost if you don't continue to be active.

If you would like any further information about the William Farr House lunchtime walks group please contact:
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William Farr House Lunchtime Walk 1



Time 20 minutes

Conditions Easy walking on pavements

Go for a walk in nature's free gym



Because there's life outside the office...

Do you feel stressed, sluggish or tired? Dream of getting more active but don't seem to find the time? Need to get away from your PC?

Why not take a refreshing break at lunchtime and feel re-energised by trying one of the walks in this leaflet series? The walks take less than 30 minutes and are designed to fit into your lunchtime. Go on, try them and see how much better you feel!

Walking is fun, free and can be done anywhere



Directions

- 1 Start outside William Farr House Reception and exit the grounds via the main entrance (through the barriers).
- 2 Turn left onto Mytton Oak Road, staying on the left hand pavement, cross straight over a mini roundabout.
- 3 Immediately after the mini roundabout turn left onto a narrow path. **PHOTO 1**
- 4 At the end of the narrow path continue straight ahead onto Falcons Way.
- 5 After approximately 10 minutes, when the road bears sharply left, continue straight ahead onto Churchill Road.
- 6 When you reach the end of Churchill Road turn left onto Crowmoele Lane and walk along the left hand pavement away from the road.
- 7 When you reach the T-junction turn right and continue on the left hand pavement.
- 8 At the end of the road turn left, back onto Mytton Oak Road. **PHOTO 2**
- 9 Turn left back through the main entrance to William Farr House.

