

walk  
this  
way



## Would you benefit from walking 30 to 90 minutes a day within an organised walking group?

Only a third of adults in the UK are active enough and walking is a great way to improve fitness and walking with a group can also be great fun.

The National Walking for Health Scheme walks are led by friendly, trained, volunteer Health Walk Leaders and the scheme is run by the Ramblers and McMillan on behalf of the NHS. The weekly walks range from 30 minutes to approximately 90 minutes in duration.

### The seven walking groups within South Holland are as follows:

<b>SPALDING</b>	<b>MONDAY 10:45</b>	MEET AT THE SOUTH HOLLAND CENTRE (30 & 60 minutes*)
<b>DONINGTON</b>	<b>TUESDAY 10:30</b>	MEET AT THE RUBY HUNT CENTRE (30, 45 & 90 minutes*)
<b>CROWLAND</b>	<b>WEDNESDAY 10:45</b>	MEET AT THE CROWLAND LIBRARY (30 & 60 minutes*)
<b>HOLBEACH</b>	<b>THURSDAY 10:30</b>	MEET AT THE UNITED SERVICES CLUB (60 minutes*)
<b>SUTTON ST JAMES</b>	N/A	
<b>LONG SUTTON</b>	<b>FRIDAY 10:45</b>	MEET AT THE LONG SUTTON LIBRARY (60 minutes*)
<b>AYSCOUGHFEE GARDENS, SPALDING</b>	<b>FRIDAY 11:00</b>	MEET AT THE AYSCOUGHFEE CAFÉ** (30 minutes*)

\*\*Suitable for disabled walkers

\* Times are approximate

In addition we would like to start more walking groups within the area. If you would be interested in having a walking group in your town or village or would like to become a walk leader please contact us.

For further information, please contact the reception at the Castle Sports Complex on 01775 762178

