



Northern Health
and Social Care Trust



CUSHENDALL Walking for Health Group

EVERY
Monday 10.30am - 11.30am

MEETING POINT:
Village Car Park

WALKING ROUTES

Short walks (approx. 30 minutes) led by Volunteer Walk Leaders. These walks are open to anyone who wants to become more physically active. The walks are particularly tailored to individuals new to physical activity and to those with long term and present medical conditions.

Beginner -

8/10 mins | 0.5miles
45 Kcal | **Steps 1109**

Moderate -

20 mins | 0.96miles
86 Kcal | **Steps 2123**

Advanced -

35/40 mins | 1.74miles
157 Kcal | **Steps 3901**



BENEFITS OF REGULAR PHYSICAL ACTIVITY

REDUCE HIGH BLOOD PRESSURE

Moderate intensity activity, such as brisk walking, appears to be at least as effective in reducing blood pressure as more vigorous activity.

PREVENTION OF DIABETES

Exercise greatly reduces the risk of developing Type 2 diabetes.

MENTAL HEALTH BENEFITS

Activity can help to reduce anxiety and depression. It also helps to improve self confidence.

REDUCES RISK OF FALLS

Physical activity can improve balance, coordination and joint flexibility, especially in the elderly.