

Hertfordshire



Health Walks

FREE

# Hertfordshire Health Walks



Short and  
sociable  
walks across  
Hertfordshire  
led by friendly  
volunteers

 [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

 [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)

 01992 555 888



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Walk with us to make new friends, get fit and explore the countryside and your local green spaces. Hertfordshire Health Walks take place across the county and are varied to suit all abilities.

## Why walk?

### Regular brisk walking improves your health by:

- Helping your heart and lungs to work better
- Boosting your mood
- Keeping your joints, muscles and bones strong
- Improving your sleep
- Lowering your blood pressure
- Reducing the chance of certain diseases such as cancer

### What you need to know:

- All walks are led by friendly volunteers – one at the front and one at the back so that everyone stays together
- Many of our walks end with a cuppa and an opportunity to socialise
- Most walks happen weekly – rain or shine
- No booking is required



“Come with a friend or by yourself. A walk leader in a yellow jacket, like me, will give you a warm welcome!”

## Walk grading

### Gentle to Moderate Walks:



20 to 30 minutes, gentle pace, flat and even ground, regular stopping places. Suitable for wheelchair and pushchairs.



30 to 40 minutes, slight inclines (1.5 miles or less)



Up to 45 minutes, moderate hills, possible stiles (2 miles or less)

### Progression Walks:



Up to 60 minutes, moderate hills, faster pace, possible stiles (3 miles or less)



Up to 90 minutes, possible steep inclines, and stiles (5 miles or less)



Longer than 90 minutes, variable terrain (6 miles or less)



## Getting started

- You can sign up online at [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)  
If you prefer, arrive 10 to 15 minutes before your first walk to complete a sign-up form.



- Comfortable, sturdy shoes and a bottle of water are all you need for most of our walks
- If you are in any doubt about joining a Health Walk, contact your GP.

### Want to find out more?

Call a member of our friendly team on 01992 555888 between 10am and 4pm



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