

Walking is an excellent natural exercise that can help you stay healthy, live longer, control your weight and keep happy. It's also a great way of discovering your local area and spending quality time with friends and family.

For adults, walking for a total of 30 minutes a day, five days a week, can help protect against many illnesses and conditions. It's also a great way to fight stress and improve mental health. For children, walking can contribute to the 60 minutes of activity a day recommended by experts for a healthy childhood.

And the best news is – **almost everyone can do it, anywhere and at any time, for free!** You don't need special clothing, equipment or training, it's easy to fit in with daily life, and it's natural and easy on your body. Even if you're unfit, you can start slowly and build up gradually.

To get you and your family started, we're running FREE walk4life programmes from Children's Centres in Furness. You'll find details of all programmes inside this flyer.

SIGN UP FOR A PROGRAMME AND YOU GET...

- A Welcome to Walking session with activities for pre-school and primary children and hints and tips for adults
- A 12-week walking plan for you and your family
- A series of family friendly led walks and other activities
- Storybooks, activity books and other information to help you and your family keep walking
- Advice and support from our trained staff

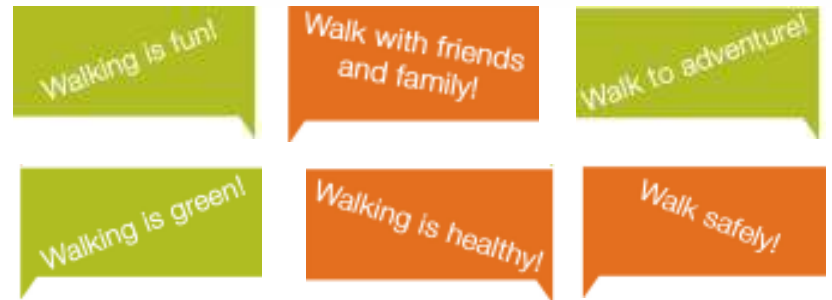
This is a trial programme funded by the Department of Health. We'll be asking all participants to help us monitor the success of the programme by giving information about themselves and their walking activities.

Furness Families walk4life is part of the Change4Life movement. In order to maintain a healthy weight we need both to eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/change4life or call 0300 123 4567 for more information.

Contact us

T: 0778 729 8910 – E: walkingfurness@ramblers.org.uk
www.ramblers.org.uk/walkingfurness

Furness families walk 4 life



Get yourself and your kids fit and active this summer with a choice of great new walking programmes at Children's Centres in Barrow, Dalton and Walney.

May – September 2009



www.ramblers.org.uk/walkingfurness

WHERE AND WHEN?

WALNEY

Walney Children's Centre, 120 Mill Lane,
Tuesdays at 3.30pm from 16th June

ORMSGILL

Ormsgill Children's Centre, Millstone Avenue,
Wednesdays at 3.30pm from 17th June

DALTON

Dalton Children's Centre, NHS clinic, Dowdale
Grounds,
Thursdays at 3.30pm from 18th June

NEWBARNES

Newbarns Children's Centre, Newbarns School,
Saturdays at 10:30am from 20th June

HINDPOOL

Hindpool Children's Centre, Hindpool Nursery
School,
Saturdays at 1.30pm from 20th June

Interested?

- All families welcome, with children of all ages.
- All walks are easy, very short and child friendly. Most are suitable for pushchairs.
- No need to book – just turn up to the programme of your choice.
- Make sure you and your children are wearing comfortable shoes and are dressed for the outdoors and changes in the weather. We recommend an anorak or jacket, a spare top, hats and sunblock.
- Programmes provide four organised weekly sessions with led walks and other activities, then seven more weeks of informal and independent walking with the help of our plan, followed by a celebration event and walk in week 12.
- If you can't make the first session, don't worry – you'll still be welcome on later sessions.
- If you know another family that might enjoy the programme, why not bring them along?
- If you want to know more, just call or email. Please use the contacts below, not the individual children's centres.

T: 0778 729 8910

E: walkingfurness@ramblers.org.uk

W: www.ramblers.org.uk/walkingfurness

Furness Families walk4life is a Ramblers pilot project in partnership with Action for Children, supported by Walk England and funded by the Department of Health. The Ramblers' Association is a charity registered in England and Wales, number 1093577, and Scotland, number SC039799, and a company limited by guarantee registered in England, number 4458492. Registered office: 2nd Floor, 87-91 Albert Embankment, London SE1 7TW, UK.