

# Test Valley Health Walks



**The Health Walks are free, a great way to get active and provide opportunities to explore what's on your doorstep in the company of others.**

Each walk is led by qualified volunteer walk leaders with some offering a fast, moderate and gentler paced walk. They last around 60 minutes with the distance being between 2-3 miles. Most walks end with a chance to stay for a drink and chat. Shorter walks can be accommodated. See reverse for more details.

## Why walk?

If you find it difficult to get active, why not start walking? It is easy to get started and counts towards your recommended amount of physical activity, and it's free!

## Benefits include:

- Opportunities to socialise, meet new people and explore new places
- Maintaining a healthy weight
- Preventing or managing various conditions including heart disease and high blood pressure
- Strengthening your bones and muscles
- Improving your confidence
- Improving your balance and co-ordination

For more information about Health Walks visit the Cycling and Walking page in the Community and Leisure section of our website [www.testvalley.gov.uk](http://www.testvalley.gov.uk), call **01264 368000** or email [Healthwalks@testvalley.gov.uk](mailto:Healthwalks@testvalley.gov.uk)

## Test Valley Health Walk Schedule

Walk	Date	Time	Meeting point
<b>Romsey Area</b>	Monday	10am	1st and 3rd Monday Romsey Sports Centre (next to Romsey Rapids) SO51 8AF 2nd & 5th Monday Braishfield Village Hall, Braishfield Road SO51 0PN (4th Monday 'away walk' location)*
<b>Braishfield</b>	Tuesday	10 am	Braishfield Village Hall, Braishfield Road SO51 0PN
<b>Andover</b>	Alternate Tuesdays, from 2nd January*	11am	The Lights Theatre, West Street, SP10 1AH  Please contact the Health Walks team for details
<b>Abbotswood</b>	2nd and 4th Tuesday of the month	10am	Abbotswood Sports Pavilion, Cutworth Way, Romsey, SO51 0DS
<b>Picket Twenty</b>	Alternate Wednesdays from 3rd January	9.45am	Greggs/Starbucks - Lidl - Columbus Way 55-minute circular walk
<b>East Anton</b>	Alternate Wednesdays from 3rd January	10am	East Anton Sports Pavilion SP11 6AB
<b>Wellow</b>	Wednesday	1.30pm	1st Wednesday Wellow Village Hall, Buttons Lane, SO51 6BR All other Wednesdays Canada Common car park, SO51 6DH
<b>North Baddesley</b>	Thursday	10am	North Baddesley Sports & Recreation ground, Castle Lane, SO52 9EA (Last Thursday of the month 'away walk' from different location.)*
<b>Stockbridge</b>	Alternate Fridays, from 5th January*	10am	Various start points depending on the route *  Please contact the Health Walks team for details
<b>Valley Park</b>	Saturday	10.30am	St Francis School car park, Valley Park SO53 4ST

\*These walks have 'away walks' when they start from a different location, therefore please check the start location with the Health Walks team.

Prior to your first walk, please contact the Health Walk team to discuss your individual needs on [Healthwalks@testvalley.gov.uk](mailto:Healthwalks@testvalley.gov.uk) or **01264 368000**.

### Interested in becoming a Walk Leader?

Test Valley Health Walks would not exist without our fantastic volunteer walk leaders.

As a volunteer walk leader, you will be helping people in your community to get active and healthy, providing vital support that they might not otherwise get.

Full training will be provided and you will receive on-going support from Test Valley's scheme co-ordinator. Duties include welcoming new and existing walkers to each walk, taking an attendance register, assisting new walkers to complete a health questionnaire and leading a safe, fun and enjoyable walk.