

September 2017



### Health Walk Leader Courses

Northamptonshire as a whole are ever expanding the Health Walk Scheme. Daventry's aim is to accomplish this too. In order to do so it is important to recruit new Health Walk Leader's. Being a Health Walk Leader enables you to meet new people, organise and run your own Health Walks. This is perfect for those who are retired and want something to do with their spare time, or simply for those who enjoy walking whilst encouraging others to do so. Leading and participating in Health Walks is a great way to enjoy the Daventry District and is also great for self-esteem, loneliness, confidence and your HEALTH! You will be fully supported and form part of a network of leaders in the area. Plus the training is free!

### Daventry & District Heart Support Group 'Young at Heart'

The Daventry & District Heart Support Group welcome all members of the community to join them on their Health Walks. Contact walk leader John Evans for more details on 01327 341526 or [john.evans1@btconnect.com](mailto:john.evans1@btconnect.com).

### Fitness for Fun and Living

Walking for health is a great way for almost all members of our communities to build and maintain fitness in a simple way. Benefits include: help to improve heart performance, reduce risk of strokes and

# Health Walk Newsletter

Walk your way to a healthy lifestyle




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Scheduled Walks for October 2017



# Walk your way to a healthy lifestyle



Date	Start Time, Start Location	Walk	Duration(Mins)	Grade	Led by
Every Wednesday	10.30am, Moulton Evangelical Church	Moulton	30-40	1	Heather Richardson, Brian Walton, Margret and Ruth
Every Wednesday	Noon, Daventry Leisure Centre Café	Daventry	30	1	Ralph Porter
Friday 6 <sup>th</sup> and 27 <sup>th</sup>	2pm, Outside the community Café in Braunston	Braunston	30-40	1	Rosemary Kendall
Monday 9 <sup>th</sup>	11am Start Meet at car park opposite Windhover Pub, Chapel Brampton	Chapel Brampton	60min	2	Mick Wright
Wednesday 4 <sup>th</sup>	10am, Long Buckby Library	Long Buckby	30-45	1	Brenda Scoble
Wednesday 18 <sup>th</sup>	10am, Long Buckby Library	Long Buckby	30-45	1	Brenda Scoble
Tuesday 31 <sup>st</sup>	1:30pm Café Monde, Chaple Brampton Stables.	Chaple Brampton	90min	3	Alison Bennett
Friday 27 <sup>th</sup>	10.30am, Long Buckby Library	Long Buckby	90	3-4	Brenda Scoble

## Walks are graded from 1-4:

1. Easy Pace/30 mins/1.5 - 2 miles
2. Moderate Pace/40- 60mins/2-3 miles
3. Moderate - Fast Pace/ 1–1.5 hours/3–5 miles (across country)
4. Moderate - Fast Pace / 2 hours / 5-6 miles (across country)

## Other Keys:

Please wear suitable footwear on all walks.  
Dogs are welcome, under the provision they are kept on a lead for the entirety of the walk.

**Contact us:** For more information on health walks in Daventry District, contact Mel Bland at [melaniebland@everyoneactive.com](mailto:melaniebland@everyoneactive.com) or 01327 871144.