

Hertfordshire Health Walks

Helping people live healthier and happier lives through walking

Hertfordshire Health Walks is a **FREE** countywide initiative, designed to help the least active in the community to increase and sustain their activity levels in order to enjoy the health and wellbeing benefits associated with exercise.



Since 2001, Health Walks have been supporting people in Hertfordshire to take regular moderate intensity exercise. The walks are at a brisk, but manageable, pace and can contribute to a target of 150 minutes of moderate intensity exercise per week as recommended by the UK's Chief Medical Officers.

More than 70 walks are offered every week across Hertfordshire, led by over 315 volunteer walk leaders trained to the national Walking for Health standard.



The walks are graded to suit all fitness abilities; starting with 20 minutes at a gentle pace, up to 90 minutes at a more challenging pace. The First Steps walks cover flat and even ground and are ideal for anyone new to exercise, recovering from illness or injury or with limited mobility.

Participants enjoy the regularity of the walks – many of which take place at the same time, same place every week – without the need to pre-book or make a long-term commitment.

What patients can expect

- A fun and enjoyable walk exploring their local area and countryside

- A safe walking route, led by trained and insured walk leaders
- An opportunity to meet new people and socialise, often with refreshments after the walk
- A supportive, caring and encouraging group

Support Health Walks TODAY

- **Attend a walk yourself** and chat to our walkers and volunteers
- **Signpost patients** to our website www.hertfordshire.gov.uk/healthwalks, where they can search for their nearest walk. There are also Easyprint programmes available to download and print for those without online access
- **Get your colleagues on board to promote** the Health Walks to patients and service users in your local area, in particular those with long term health conditions
- **Emphasise** how **easy** it is **to get started** - all they have to do is turn up!

Speak to us: healthwalks.cms@hertfordshire.gov.uk or 01992 588433

Resources available to you:

- Posters, leaflets and postcards
- Waiting room screen presentations
- Health Walk Ambassadors available to give talks at events or to patient groups
- Online walker registration, postcode search for local walks and FAQs available online at www.hertfordshire.gov.uk/healthwalks