

## The Natural Health Service

Feet First in Furness is one of 600 Walking for Health (WfH) health walks schemes across England. Since 2003, Cumbria CVS has co-ordinated the Barrow-based scheme, with walks in Dalton and Ulverston. FFF works as part of Barrow Sports Council, with Barrow Borough Council Health Improvement, NHS Cumbria and MIND in Furness.



## Joining a walk

Walkers should arrive 5 minutes before the start to meet the walk leader. There is a simple form to complete on first arrival for contact details and health screening. The leader decides on the route for the day, ensuring the comfort and safety of the walkers. Ask the leader for more details.

# Led Walks 2011 - 2012

- Monday 11am Tudor Square Dalton – 1 hr walks on green lanes and byways in Dalton town.
- Tuesday 11am ASDA – 1 hr walks on Channelside or to Ormsgill Resvr.
- Wednesday 2pm Walney Mill Lane shops – 1hr walks along the shore from Earnse Bay to Sandy Gap. Rough ground and beach walking.
- Thursday 10.30am from Greengate St Childrens Centre – walk to Barrow Public Park for 30 minutes.
- Friday 11am Ulverston Victoria Road bus stops. One hour walks, mainly on paved surfaces. 5 routes on the green byways of the town. Some grassy tracks.
- Monthly 10.30am Get on Track walks from Furness line stations. 2 hr walks, 2nd Wednesday every month. Walks start about 10.30am, taking the 10.10 train from Barrow.

**Wednesday 14 September 2011**– Millom  
**Wednesday 12 October 2011**– Barrow  
**Wednesday 9 November 2011**– Kirkby  
**Wednesday 14 December 2011**– Cark  
**Wednesday 11 January 2012**– Dalton to Furness Abbey circular.  
**Wednesday 8 February 2012** - Askam

Walking for Health  
Feet First in Furness  
Cumbria CVS  
57-59 Hartington St  
Barrow LA14 5SR  
tel: 01229 825630  
email: richardsc@cumbriacvs.org.uk  
web: <http://www.barrowsportscouncil.org.uk/health.php>



Cumbria CVS

## Walking for Health FEET FIRST IN FURNESS



## 2011- 2012 Walk Programme

[www.cumbriacvs.org.uk](http://www.cumbriacvs.org.uk)

## Why Physical Activity is so important

Walking for Health aims to help people who are inactive to take their first steps to be more active. It aims to increase participation and promote the benefits of walking in the Furness area to improve physical, social and emotional well-being. The walks are led by trained volunteer walk leaders.

## Why Group Walking?

- Walking is free and fun
- No need on our walks for special clothing or footwear
- Make new friends on group walks
- Regular walking improves confidence
- Helps control weight
- Improves stamina and life expectancy
- Walking can reduce risks of heart disease, strokes, diabetes, high blood pressure, stress, anxiety, osteoporosis and arthritis

## What is a Health Walk?

A health walk is any type of walking that makes you breathe a little faster, makes you feel warmer and makes your heart beat slightly faster. Aim for 150 minutes moderate exercise per week. It might be one continuous session, but can be several shorter periods of activity. Start gently and build up.

## Walking Advice

- Wear sensible shoes
- Drink a glass of water before and after your walk or bring a drink with you
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start
- Stop walking and tell the leader if you experience unusual symptoms, such as chest pain, dizziness or breathlessness and consult your doctor
- Why not invite your friends, family or work colleagues to join you walking?



## FFF Health walks are...

- Free of charge
- Between 40 minutes and 1 hour; Get on Track walks, about 2 hrs
- On hard, dry ground and are mainly flat
- On in most weathers
- To help you reach the target activity level of 150 minutes per week
- To welcome you to better health

## Could you be a Volunteer Walk Leader?

We always need more trained walk leaders. It's a great way to keep healthy and make new friends. If you might be interested, please contact Richard Scott for further information. We provide a one day training course for volunteer walk leaders.

