



Abingdon Health Walks Viv Boorman



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Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

Reduces your chance of

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
Increased breathing when you walk

OR

at least **75** minutes vigorous intensity per week
Breathing fast, difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong
on at least **2** days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

Swim, Walk, Cycle, Gym, Yoga, Carry heavy bags, Bowls, Tai Chi, Dance

UK Chief Medical Officers' Physical Activity Guidelines 2019



What is a Health Walk?

- Health walks are free, guided, local walks.
- Distance varies from 2.5-3.5 miles
- Dress for the weather – there's no stopping us!



Mon, Wed, Fri – 10:15 WHLC Café
(selection of walks)

Thu – 10:15 Preston Rd Community Centre
(gentle walk only)



Why Try a Health Walk?

"I live alone and a Health Walk beats talking to my dog!"

Walking in a group is, for many people, more enriching than walking alone.

With a 'moving landscape', there is always a talking point.

And you might even pick up some good tips, be it gardening, an off-beat route or a good film on at the cinema.