

All year round walking opportunities

Walking for Health - Doncaster

Enjoy free, short, organised walks that are less than 3 miles or less than an hour, designed with health in mind. They take place at Askern, Bentley, Denaby, Dunsville Quarry Park, Edlington, Hatfield Moor, Highfields, Hyde Park, Mexborough, Sandall Beat Wood, Thorne, Toll Bar and Woodlands. For a timetable please call 01302 735403 or visit www.doncaster.gov.uk/walking

Doncaster Ramblers Group

Doncaster's Ramblers Group walk twice a week throughout the year and three times in the summer. Membership secretary is Catherine Palmer. Tel: 01302 783613 or visit www.doncasterramblers.org

Buggy Friendly Walks

A fun way for mums to get back into shape after their new arrival. These walking classes are available in Cusworth, Armthorpe and Balby. For further information please call 01302 735403.

Volunteer Walk Leader Training

Do you fancy becoming a walk leader? We can provide nationally accredited training free for volunteers. Training takes place throughout the year. To book a place call 01302 735403.

Doncaster Council's Countryside Team

Based at Sandall Beat Wood, the team provides a series of varied events to help you explore Doncaster's countryside, wildlife and heritage including regular walks through the year. For information contact 01302 300798 or visit www.doncaster.gov.uk/countryside

Making a Change4life doesn't need to be difficult. With a little help, it can be really rewarding and fun!

Why walking is good for you:

- Good for bones and muscles: walking is good for bone density and posture and helps keep bodies lean and supple
- Builds up stamina: walking gets your whole body used to being healthy
- Burns calories: a brisk walk can burn calories and help keep you trim. The brisker the better but you should still be able to hold a conversation
- Helps beat stress: walking can make you feel good, especially if you're out and about in surroundings that you love
- Sociable: take a friend or family and have a natter while you walk.

Tips for walking:

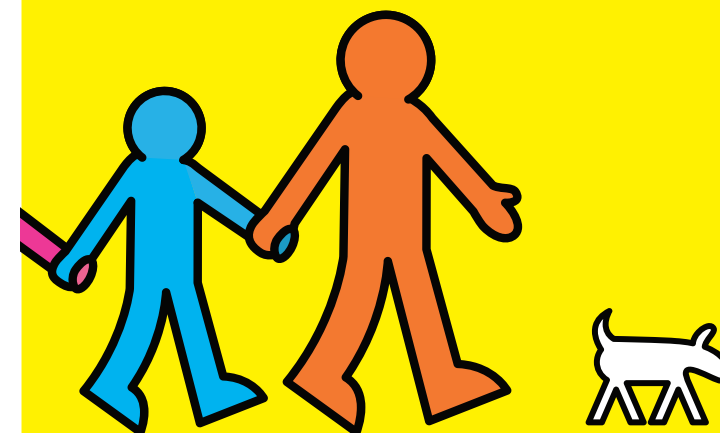
- Get off the bus a few stops earlier
- Bring baby along too and grab the buggy
- Get a pedometer to count your steps

For more useful tips on how to eat well, move more and live longer visit www.nhs.uk/Change4Life



the askern fit and fun walk

The Askern Fit and Fun Walk around 5,400 steps to fitness.



The Askern Fit and Fun Walk

