



Join a free and friendly “Mindful Walk”



When: 3rd Tuesday of each month 1pm

Meeting point:

Esposito’s café, Highlands rd, Runcorn,
WA7 4PX

Approx 60- minutes walk & reflections

All welcome, join us for a “Mindful Walk”

A “Mindful Walk” is an opportunity to just **be**. Being aware of the body, breath and senses in the present moment. Come along and practice with the support of a group in the natural surroundings of Runcorn Hill.

A gentle guided walk in wooded, sandstone and green areas, including some steps and slopes.

Maybe join us for a cuppa and chat after the walk.

Your qualified walk leader is Mae Chee Shirley-Anne

For information about Health Walks and Physical Activity in Widnes and Runcorn contact Paula Parle 0151 511 8550 paula.parle@halton.gov.uk

or visit: www.activehalton.gov.uk

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

- Reduces your chance of
- Type II Diabetes -40%
 - Cardiovascular disease -35%
 - Falls, depression etc. -30%
 - Joint and back pain -25%
 - Cancers (colon and breast) -20%

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 able to talk

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

For older adults, to reduce the chance of frailty and falls

Improve balance

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019