



Put Your Best Foot Forward...

Volume 6

January 2010



Happy New Year

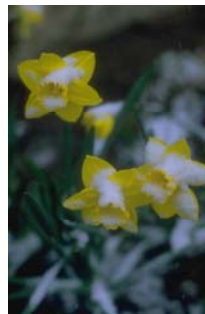
We would like to wish everyone associated with Put Your Best Foot Forward a very prosperous New Year!

Coming up...

It is our aim to plan a couple of group walks during the coming months which will be a great opportunity for members of the different groups to meet each other. One walk will be held during the February half term (13th–20th February) and the other during the Easter Holidays (3rd–17th April).

So keep your eyes open for details coming soon!

If anyone has any ideas on any areas of Gloucester where they would like these walks to be held then contact Chlöe on (01452 396861).



Pacer Poles



Some of you may have seen recently out on the walks that we currently have some Pacer Poles on loan to us. Pacer poles are a type of walking pole that have a unique design based on anatomical and biomechanical research for transmitting maximum arm power and leverage while walking.

Conventional walking poles are not hand specific but offer the same shaped handle for both left and right hands to use, it is said that this can cause your joints to be awkwardly aligned. The pacer poles have handles that uniquely contour align the many joints of your hand and arm. Therefore all the effort you exert isn't wasted by poor control throughout the stride; instead access to upper body power and leverage can be maximised without joint abuse.

If anybody would like to borrow the pacer poles to use whilst on one of our organised health walks then contact me on 01452 396861 and I will try to make sure your leader has them for you to use.

www.bestfootforwardglos.co.uk



GLOUCESTER
CITY COUNCIL



Put Your Best Foot Forward

Chloe Joslin

Physical Activity Co-ordinator, Gloucester City Council
Tel: 01452 396861 E-mail: chloe.joslin@gloucester.gov.uk

Walking in a Winter Wonderland...

Some winter snaps taken by our walk leaders when out and about!

