

Put Your Best Foot Forward...



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The Festival Begins!

Strolling in Gloucestershire (SiG) 2009 is starting on Saturday 18th July and there are many interesting and enjoyable walks taking place over the 2-week festival. Schedules are now available from the Tourist Information Centre and you can also download a copy from:

<http://www.gloucester.gov.uk/Freetime/SportsDevelopment/StrollingInGloucestershire.aspx>

The Gloucester City Council team are taking 5 walks (see right) - we hope that you can come and join us for them!

Walk Leader Training

We've had a fantastic response from the community of Gloucester and loads of people wanting to volunteer to become a walk leader!

Our next training day is 11th August at the Oxstalls Indoor Tennis Centre (10am-3pm). We're nearly at capacity but there are a few more places left if you'd like to sign up. For an application form, please email caroline.henley@gloucester.gov.uk or call 01452 396707. All Walk Leaders also get the opportunity to attend First Aid training as well.

We know a lot of keen volunteers can't make week day sessions so our next session will be an evening or weekend course!

Team Gloucester SiG!

Caroline, Chloe and Jon are hoping that employees of the City Council and Aspire, as well as the public, will take the opportunity to step away from their desks and enjoy the outdoors during the festival! Why not make it a team outing!

- **Gloucester Park Health Walk, Tuesday 21st July, 12.30 pm.** Meet at GL1 Leisure Centre, walk approx 1 hour, **suitable** for wheelchairs and pushchairs.
- **Robinswood Hill Health Walk, Monday 27th July, 11am.** Meet in Visitor Centre Car Park, walk approx 1 hour, **unsuitable** for wheelchairs and buggies.
- **Alney Island Health Walk, Tuesday 28th July, 10.30am.** Meet outside Antique Centre Warehouse, Gloucester Docks, walk approx 1 hour, **unsuitable** for wheelchairs and buggies.
- **Gloucester Park Health Walk, Wednesday 29th July, 12.30 pm.** See above for details
- **Alney Island Health Walk, Thursday 30th July, 12.30pm.** See above for details

Put Your Best Foot Forward



Top Tip

Get a pedometer and try to do 10,000 steps per day. This is approximately 5 miles and you could burn around 500 calories!

Push yourself and make some simple changes...take the stairs, park at the far end of the car park...go on, take the challenge!



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Change 4 Life!

Change 4 Life are supporting the walking cause with their sub-campaign.

If you haven't already, why not visit the Change 4 Life website and sign up to get support and advice on having a healthy lifestyle.

<http://www.nhs.uk/change4life/Pages/Walk.aspx>

Featured Walk—SiG 2009

Don Stockwell is a seasoned walker and one of our team of volunteers on the scheme. As a resident of Hempsted he knows the surrounding environment well and has picked some beautiful routes to use on the Health Walks he leads. Details of how and where to join Don during the festival are below.

Monday 27th July, 2pm : Hempsted Cross, Gloucester, approx 1.5 hours

The walk runs around the beautiful fields and footpaths surrounding Hempsted (if it is wet it may be a little muddy!). All ages welcome but **unsuitable** for wheelchairs or buggies.

Enquiries To:

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