



Put Your Best Foot Forward...

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GLOUCESTER
CITY COUNCIL

Health Walk Scheme



As part of our strategy to improve access to and participation in physical activity in Gloucester, we are currently developing a network of walking routes around the city centre and surrounding areas. We are planning on creating scheduled walks on a weekly basis, which will all be lead by a fully trained Walk Leader. With it being FREE to join a walk, we hope to encourage as many of the public to join as possible. Walking the Way to Health (WHI) is a joint initiative between Natural England and the British Heart Foundation and

is the largest national body that promotes and sets the standards for health walks. Within the next few months we are hoping to become a Walking the Way to Health Accredited Scheme. To do this we have to show evidence of offering health walks for beginners, meet the general safety and insurance standards for all walks as well as providing basic monitoring information. When we (fingers crossed!) become accredited we will be recognised as a high quality health walk scheme!

Walk Leader Training

On the 23rd of April we successfully held our first Walk Leader Training course at Oxstalls Tennis Centre in Gloucester. The training consisted of some theory based work on the importance and benefits of walking, advice on how to plan and lead your own walks as well as a practise walk (so everyone could see how the scheme works).

Now that these volunteers are fully qualified are soon to be provided with a range of items such as a first aid kit, a high visibility jacket and a walk leader t-shirt, they should all be starting their walks very soon!

We are going to run another training session during June so if you are interested in becoming a volunteer walk leader then please contact us!

The WHI website provides further information on the scheme as a whole, how walking can benefit you as well as recent news.

www.whi.org.uk



Our newly qualified walk leaders!

Put Your Best Foot Forward



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Strolling In Gloucestershire

Strolling in Gloucestershire 2009 will be happening between the 18th of July and the 2nd of August. It will be a county wide walking festival aimed at helping people of all ages and backgrounds to become more active whilst enjoying a sociable time outdoors. There hopefully will be something of interest for everyone, from health walks to history tours. If you have never participated in a walk before, this could be the perfect opportunity to start and help you to lead a more active and healthier lifestyle.

New Website!

We are currently having a new website created which will hopefully be up and running soon! It will have many different features including a blog page which we will continuously update with information and photos and a weather checking feature. It will also have a searchable walk database which will allow anyone to search for walks happening in their local areas.

www.bestfootforwardglos.co.uk

Fancy Holding Your Own Walk During The Festival?

We would like as many people as possible to participate, therefore we are inviting you to hold your own walk during the festival. This can be anything from a short 30 minute stroll to a days countryside hike! We need to know the following details by June the 12th so we can help to advertise your walk.

- **Date**
- **Time**
- **Start-point**
- **Duration**
- **Suitable for? (i.e. buggies, wheelchairs, dogs)**
- **Cost**
- **Contact Details**
- **Any Other Required Information!**

Please Send Them To:
Chloe Joslin
Physical Activity Co-ordinator, Gloucester City Council
Tel: 01452 396861 E-mail: chloe.joslin@gloucester.gov.uk