WHY WALK?

Why is walking the perfect activity for health?

- Almost everyone can do it.
- You can do it anywhere and any time.
- It's a chance to make new friends.
- It's free and you don't need special equipment.
- You can start slowly and build up gently.

Walking can:

- Make you feel good
- Give you more energy
- Reduce stress and help you sleep better
- Keep your heart strong and reduce blood pressure
- Help you manage your weight.

WHAT NEXT?

Head to your nearest Health Walk and give it a go! You too can walk your way to health!

This service is delivered on behalf of Kent County Council by the NHS.

For more information:

Health Walks Team Phone: 0300 123 1220

Email: kcht.healthwalks@nhs.net

www.oneyoukent.org.uk









ASHFORD TOWN AREA

Walking for Fitness



Willesborough Wanderers



Day: Mondays Date: Ongoing

Location: Conningbrook Hotel Car Park, Canterbury Road, Kennington,

Ashford, TN24 9QR

First and third Monday of month location varies. Please confirm with

walk leader.

Time: 9.30am for 9.45am start **Length:** Approx 120 mins **Contact:** Sally 01233 626597

or 07545 980772.

Learning Disability Forum



Date: April to November only **Location:** Victoria Park,

Ashford, TN23

Time: 10.15am for 10.30am start

Length: Approx 60 mins Contact: 0300 123 1220.

For people with learning disabilities only, referral required. Wheelchair

friendly.

Day: Tuesday
Date: Ongoing

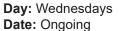
Location: Blake Court, junction of Church Road and Osborne, Willesborough, Ashford TN24 0DX. 1st Tuesday of month meeting point varies. Please confirm with Walk

Leader.

Time: 10.15am for 10.30am start

Length: Approx 90 mins. **Contact:** Colin 01233 623086. Dogs on leads welcome.

New Hayesbank Surgery

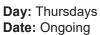


Location: New Hayesbank Surgery, Bybrook, Kennington, TN24 9JZ Time: 9.30am for 9.45am start Length: Approx 60 to 90 mins Contact: Surgery Switchboard

01233 624642

Two walk options available

Ashford Library



Location: Ashford Library, Ashford Gateway Plus,

Church Road, Ashford, TN23 1AS **Time:** 10.30am for 10.45am start

Length: Approx 60 mins **Contact:** 0300 123 1220. Dogs on leads welcome.

Colins Health Walk Plus

Day: Second Thursday of month

Date: Ongoing

Location: Meeting point varies every month. Please confirm with walk

leader.

Time: 10.15am for 10.30am start Length: Approx 90 to 120 mins Contact: Colin 01233 623086

Singleton Environment Centre





Day: Fridays

Date: Ongoing
Location: Singleton Environment
Centre, Wesley School Road,
Singleton, Ashford, TN23 5LW
Time: 9.30am for 9.45am start
Length: Approx 75 to 90 mins
Contact: 0.300 123 1220.

Day: First Friday of month

Date: Ongoing

Location: Location varies. Please

confirm with walk leader.

Contact: Colin Southern

07787 504692



Walk Grades



Gentle stroll, shorter distance



Brisk walk, slightly further distance



Faster pace, longer distance or rough ground



90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.