

The Natural Health Service

Feet First in Furness is one of 650 Walking for Health (WfH) health walks schemes across England. Cumbria CVS co-ordinates the Barrow-based scheme, with walks in Dalton and Ulverston. FFF works as part of Barrow Sports Council, with Barrow Borough Council Health Improvement, NHS Cumbria, MIND in Furness, CADAS and Croftlands Trust, with funding from Cumbria County Council.



Joining a walk

Walkers should arrive 5 minutes before the start to meet the walk leader. There is a simple form to complete on first arrival for contact details and health screening. The leader decides on the route for the day, ensuring the comfort and safety of the walkers. Ask the leader for more details.

Led Walks 2013

Monday	11am Tudor Square Dalton – 1 hr walks on green lanes and byways in Dalton town.
Tuesday	11am ASDA – 1 hr walks on Channelside or to Ormsgill Resvr.
Wednesday	2pm Walney Mill Lane shops – 1hr walks along the shore from Earnse Bay to Sandy Gap. Rough ground and beach walking.
Thursday	10.30am from Greengate St Childrens Centre – walk to Barrow Public Park for 30 minutes.
Friday	11am Ulverston Victoria Road bus stops. One hour walks, mainly on paved surfaces. 5 routes on the green byways of the town. Some grassy tracks.
Monthly	10.30am Get on Track walks from Furness line stations. 2½ hr walks, 3rd Tuesday every month. Walks start about 10.30am, taking the 10.10 train from Barrow.

- Tuesday 19 March 2013** – Kirkby - Broughton
- Tuesday 16 April 2013** – Kents Bank - Grange
- Tuesday 14 May 2013** – Ulverston - Conishead
- Tuesday 18 June 2013** – Barrow - Sandscale
- Tuesday 16 July 2013** – Askam - Kirkby
- Tuesday 20 August 2013** - Grange - Eggerslack
- Tuesday 17 September 2013** - Roose - Dock Museum
- Tuesday 15 October 2013** - Cark - Cartmel
- Tuesday 19 November 2013** - Millom - Hodbarrow
- Tuesday 17 December 2013** - Foxfield - Broughton

Walking for Health
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Cumbria CVS

Walking for Health FEET FIRST IN FURNESS



2013 Walk Programme

www.cumbriacvs.org.uk



Why Physical Activity is so important

Walking for Health aims to help people who are inactive to take their first steps to be more active. It aims to increase participation and promote the benefits of walking in the Furness area to improve physical, social and emotional well-being. The walks are led by trained volunteer walk leaders.

Why Group Walking?

- Walking is free and fun
- No need on our walks for special clothing or footwear
- Make new friends on group walks
- Regular walking improves confidence
- Helps control weight
- Improves stamina and life expectancy
- Walking can reduce risks of heart disease, strokes, diabetes, high blood pressure, stress, anxiety, osteoporosis and arthritis

What is a Health Walk?

A health walk is any type of walking that makes you breathe a little faster, makes you feel warmer and makes your heart beat slightly faster. Aim for 150 minutes moderate exercise per week. It might be one continuous session, but can be several shorter periods of activity. Start gently and build up.

Look out for information about special walks and festivals in the North West Evening Mail.

Walking Advice

- Wear sensible shoes
- Drink a glass of water before and after your walk or bring a drink with you
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start
- Tell the leader if you experience unusual symptoms
- Why not invite your friends, family or work colleagues to join you walking?



Progression walks

Get on track 5 mile walks from rail stations and other special walks in Furness.

FFF Health walks are...

- Free of charge
- Between 40 minutes and 1 hour; Get on Track walks, about 2½ hrs
- On hard, dry ground and are mainly flat
- On in most weathers
- To help you reach the target activity level of 150 minutes per week
- To welcome you to better health

Could you be a Volunteer Walk Leader?

We always need more trained walk leaders. It's a great way to keep healthy and make new friends. If you might be interested, please contact Richard Scott for further information. We provide a one day training course for volunteer walk leaders.

