

# Walking for Health

inspire  
fitness

## •Chesterfield•

**Walking for Health is a great way for adults to get back into regular exercise – and it is free!**

**You'll feel better both physically and mentally and you'll meet new people. The weekly walks last between 30 and 90 minutes on flat, easy terrain and are led by trained walk leaders.**

**Every Tuesday at Queen's Park Sports Centre  
Chesterfield (11am –12noon)**

Meet from 10.45am in the Cafeteria

**First Walk – 12th October 2010**

**Every Wednesday at Healthy Living Centre  
Staveley (2-3pm)**

Meet from 1.45pm in the Cafeteria

**First Walk – 13th October 2010**

For information of Walking for Health groups in Chesterfield and nearby, please contact Chesterfield Borough Council on **01246 345096** or visit

[www.activederbyshire.co.uk/walk](http://www.activederbyshire.co.uk/walk) or

[www.wfh.naturalengland.org.uk/walkfinder/home](http://www.wfh.naturalengland.org.uk/walkfinder/home)

- All sessions are free and are for adults aged over 16
- New walkers are asked to arrive early for their first session to enable the completion of an Outdoor Health Questionnaire
- Reduced rates on Tea and Coffee for Walkers