

## ***Health Walks in Blandford***

Walking is a great way to stay healthy, both physically and mentally. So, if you're not sure where to find safe footpaths or you're worried about getting lost then it can be easy to choose not to go walking. You may be concerned that walking even a short distance may be too much for you. So, to help people in the Blandford area to get out and go walking, volunteer Walk Leaders have recently been trained as part of a ***Walking for Health Scheme for North Dorset***. A weekly health walk now takes place in Blandford every Wednesday at 2pm, starting from the Eagle House Surgery in Whitecliff Mill Street. This is free and there is no need to book. All you need to do is turn up.

There is also a health walk in Shillingstone every third Wednesday of the month, starting at 11am from the Church Centre (old Primary School).

All walks are a maximum of 90 minutes, but usually last about an hour at a steady pace, in a friendly group. Local GP practices are supporting *Blandford Health Walks* as they are well aware of the health benefits associated with regular physical activity.

The North Dorset Walking For Health scheme has a website - <https://www.walkingforhealth.org.uk/walkfinder/north-dorset-walking-for-health> - and a Facebook page - <https://www.facebook.com/northdorsethealthwalks> .

If you would like more information or are keen to train as a Walk Leader please contact Keith Harrison, Scheme Coordinator on 07825 691508.