WHAT IS A HEALTH WALK?
A health walk is a purposeful, brisk walk undertaken on a regular basis. It can include any walk which has been designed and carried out for a purpose of improving an individual’s health.

North Kesteven Social Strollers is a free health walk scheme, and available to all. All walks are led by friendly experienced and qualified volunteer health walk leaders. Walking can improve both your happiness and your health as walking is a proven stress reliever and mood improver.

WHAT ARE THE BENEFITS OF A HEALTH WALK?
Walking is a great way to get fit and stay healthy; below is a summary of just a few of the many benefits of being a part of a Walking for Health group:

- CAN HELP MAINTAIN/LOSE WEIGHT
- REDUCES STRESS
- IMPROVES CONCENTRATION AND CREATIVITY
- LOWER BLOOD PRESSURE
- IMPROVES SLEEP
- REDUCES RISK OF VARIOUS ILLNESSES AND DISEASES INCLUDING A VARIETY OF FORMS OF CANCER
- IMPROVES FLEXIBILITY AND STRENGTHS OF JOINTS

Suitable clothing and footwear for outdoor walks are recommended. All walkers will be required to complete a health questionnaire before their first health walk.

INTERESTED IN BECOMING A HEALTH WALKS LEADER?
Contact the walks coordinator 01522 870252

@NKHEALTHWALKS

To find out more information, contact Carly Togher on 01522 870 272 or email nkhealthandsports@1Life.co.uk

All details are subject to change, please call prior to attendance. You will be required to complete a Walker Registration form.
### Social Strollers Timetable

**Billinghay Health Walk**  
*Every Monday 10am-11:30am*  
Meet at Childrens centre car park, Fen Road, Billinghay, Lincoln LN4 4HU

**North Hykeham Health Walk**  
*Every Monday and Saturday 10am-11am*  
Meet at North Kesteven Leisure Centre, Moor Lane, North Hykeham, Lincoln LN6 9AX

**Whisby Visually Impaired Health Walk**  
*Every other Monday morning 10:30am-11:30am*  
Meet at Whisby Natural World Centre, Moor Lane, Thorpe on the Hill, Lincoln LN6 9BW

**Heckington Health Walk**  
*Every Tuesday 10.30am-11:30am*  
Meet at Sports and Social Club, Howell Road, Heckington NG34 9RX

**Leasingham Health Walk**  
*Every Tuesday 11am-12pm*  
Meet at Leasingham Village Car Park, Chapel Lane, Leasingham, Sleaford NG34 8JY

**Sleaford Health Walk**  
*Every Tuesday 1:10pm-2:10pm*  
Meet at the National Centre for Craft and Design, Navigation Wharf, Carre Street, Sleaford NG34 7TW

**Waddington Health Walk**  
*Every Thursday 10am-11am*  
Meet at Waddington Doctors Surgery Car Park, Mere Road, Waddington, Lincoln LN5 9NX

**Skellingthorpe Health Walk**  
*Every Thursday 11am-12pm*  
Meet at Community Centre Car Park, Lincoln Road, Skellingthorpe, Lincoln LN5 5UT

**Sleaford Health Walk**  
*NEW*  
*One Tuesday a month 11am-12pm*  
Meet at Sleaford 1Life Leisure Centre, Eastbanks Sleaford NG34 7ET

**Metheringham Health Walk**  
*Every Friday 10am-11:30am*  
Meet at Metheringham Sports Pavilion, Princes Street, Metheringham LN4 3DE

**Scopwick Health Walk**  
*First Sunday of the month 9am-10am*  
Meet at Scopwick Village Hall, Brookside, Scopwick, Lincoln LN4 3PA  
Walk location varies, contact Carly Togher prior to the walk.

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**Whisby Memory Walk**  
*One Tuesday a month 11am-12pm*  
Meet at Whisby Natural World Centre, Moor Lane, Thorpe on the Hill, Lincoln LN6 9BW  
Dates vary throughout the year, contact Carly Togher prior to the walk.

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For more information about the walks contact Carly Togher on 01522 870272 or email: nkhealthandsports@1life.co.uk  
*Whisby Visually impaired contact Brian Smith on 01522 685541 or email: briansmith44@btinternet.com*