

# Linskill Healthy Walks

Planned, organised walks to increase the involvement of people taking part in healthy exercise and improving their health and fitness levels.

*First Issue*

'Walking the way to Health' (WHI) is the largest national body promoting and setting the standards for led health walks. It is a joint initiative between Natural England and the British Heart Foundation.

WHI aims to encourage people, particularly those who take little exercise, to do regular short walks in their communities.

[www.whi.org.uk](http://www.whi.org.uk)

Join us at the  
Linskill Centre  
on

Thursdays at  
10.00am  
and/or  
Fridays at  
11.00am

Meet inside at the  
reception area

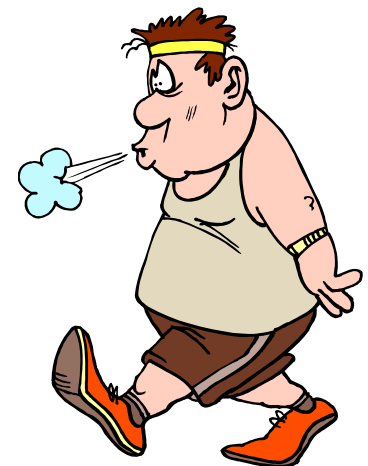
Anyone can turn  
up and join in —  
it's **FREE** and  
it's **FUN!**

## How much walking do I need to do?

The current recommendation for physical activity is just 30 minutes a day of moderate activity, such as brisk walking. That's all it takes to feel the difference.

You should aim at 30 minutes a day but you don't have to do them all in one go to start with. You could walk for ten minutes three times a day or 15 minutes twice a day at first.

The most important thing is that you start 'where you're at' and **build up gradually**.



### Walking at any pace can:

- give mental health benefits & improve sleep
- help manage weight
- prevent the development of osteo-arthritis and osteoporosis
- reduce risk factors for falls in the elderly
- reduce risk of bowel and breast cancer
- benefit the immune system



'Brisk' walking means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat. You should still be able to talk.

If you can't carry on a conversation then you're going too fast!

Walking is the closest thing to perfect exercise

# Fruits and vegetables may prevent bone loss.



A diet that is high in protein and cereal grains is likely to be acidic, which causes bone resorption (bones break down to release minerals such as calcium, phosphates and basic salts into the blood), thus counteracting the acidity with alkalinity.

For three months, 171 men and women ages 50 and older were divided into groups that received either a placebo or doses of potassium bicarbonate, sodium bicarbonate or potassium chloride (to mimic intake of fruits and vegetables).

Bicarbonate, which is found in fruits and vegetables, helps boost alkali levels in the body. The people who took bicarbonate showed significant reductions in calcium excretion and bone resorption.

*SOURCE: Journal of Clinical Endocrinology & Metabolism, 94(1):96-102 (January 2009).*



*Linskill 'Healthy Walkers' meet at the Linskill Centre before setting out*

Linskill Healthy Walks (LHW) have been set up to provide the opportunity for local people to take part in an exercise activity — walking— the closest thing to perfect exercise!

LHW are based in the Linskill Centre, and are supported by Centre Management as a centre-based activity. With the support of Emma Spence (Sustrans) and Steven Chater (North Tyneside Council) LHW was started last November by Andy (Walk Leader) and Pete, both regular centre users, with short (less-than-an-hour) circular walks on Thursday Mornings, using Tynemouth Village, Cullercoats and Northumberland Park.

The walks are proving popular, with more people now taking part, and starting in February the Thursday walks will be extended to be a 'wee bit' longer and involve 'hopping' on to the Metro to get a starting point. North Tyneside has many lovely walks along the old waggonways and on the riverside.

On Friday mornings short 30/40 minute local walks, starting and ending at the Linskill Centre, will be arranged for those who may not have walked for a while, or are recovering from ill-health, or just want a short walk to spend some time in good company — and have a good 'blether' as they walk!

Social interaction can be as good for the 'mental' health as the exercise is for the 'physical' health.

The walks are free, the walk leaders are trained (and insured) and all you are required to do is to fill in a short Health Questionnaire, wear shoes good for walking in, dress for the weather — and turn up! We look forward to seeing you!

## **75% OF THE SALT WE EAT IS ALREADY IN FOOD WHEN WE BUY IT**

Too much salt can cause raised blood pressure, which one-third of people in the UK already have. It's called the silent killer as it often has no symptoms, but if you have high blood pressure you are three times more likely to develop heart disease or have a stroke, and twice as likely to die from these diseases. If it's left untreated, high blood pressure can also lead to kidney failure and eye damage.

The recommended amount of salt per adult, per day, is six grams: that's around one full teaspoon.

# Walking and you - what is a health walk?



*A typical health walk at Tynemouth*

**The short definition of a health walk is:**

***"a purposeful, brisk walk undertaken on a regular basis"***

and it can include any walk which is specifically designed and carried out for the purpose of improving an individual's health.

It is the relative intensity of the walk for the individual and the regularity of participation that can really have an impact on heart health. With regard to cardiovascular health, the walk should be purposeful and 'brisk' (in other words more than just a stroll).

Organised walks (brisk or not) can have a health impact on individuals by providing an opportunity to socialise (good social networks enhance health) and a distraction from everyday stresses (stress contributes to poor health).

## Join a 'Walking the Way to Health' Group

Walking in a group is a great way to start walking and to stay motivated. You'll make new friends and maybe discover new places to walk in your neighbourhood.

Walking the way to Health has more than 536 health walk groups across England.

Linskill Healthy Walks is one of those groups and we meet for regular walks every Thursday (10am) and every Friday (11am), at Linskill Centre.

Thursday's walks will usually be a longish walk of 3/5 miles and may involve using the Metro to reach a walk starting point.

Friday's walks are shorter 'local walks' of about 30/40 minutes, starting and finishing Linskill.

Linskill Healthy Walks will support you every step of the way and we provide:

- Led health walks for absolute beginners
- Trained walk leaders
- Other people to walk with
- A health questionnaire at the start of the walk
- Safe routes

**Anyone can turn up and join in  
- it's FREE and FUN.**

## Highway Code 'Rules for Pedestrians' & Organised Walks

In the Highway Code 'Rules for Pedestrians' most people will be familiar with rule 2:

If there is no pavement keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and be prepared to walk in single file, especially on narrow roads or in poor light, keeping close to the side of the road.

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Then cross back after the bend.

How many of us wonder are aware of rule 5?

Organised walks. Large groups of people walking together should use a pavement if available; if one is not, they should keep to the left-hand side.

Look-outs should be positioned at the front and back of the group, and they should wear fluorescent clothes in daylight and reflective clothes in the dark.

At night, the look-out in front should show a white light and the one at the back a red light.

People on the outside of large groups should also carry lights and wear reflective clothing.



## Other 'Healthy' activities at the Linskill Centre

As well as supporting the 'healthy' walks Linskill Centre has a number of other 'healthy' activities taking place in the centre. Most are free but a few have a small fee for the session leaders/instructors. Ask at the Centre reception for details.

Dancing is a great way to exercise and have a bit of fun at the same time, and there several dance activities during the week in the centre.



There is the Tea Dance on Thursdays, 1.00pm-3.00pm Good fun, good friends, good for your health. Call Eddie on 0191- 237 2632



On Wednesday evenings there is Ballroom Dancing 7.00pm-9.00pm (call Dave on 97962 083875) and Line Dancing 7.00pm-9.00pm (call Janet on 0191 258 2306) — but not in the same hall we hasten to add!

Hip Hop and Street Dance, with a qualified dance instructor, is on offer for 6-16 year-olds on Wednesdays 4.30pm-6.30pm and for 2-6 year-olds on Thursdays 3.00pm-4.30pm. Ask at reception for details.

Advanced Tap Dancing (Denise 0191 258 4622) and Salsa Dance (Dave 07962 083875) are also available.

Salsa Fitness, another fun way to get fit, is also on Wednesdays (busy day Wednesdays!) 6.30pm-7.30pm. Call Irene on 0191 257 1357 for details.

There is also a gentle exercise class on Wednesdays, 'Movement To Music' 7.30pm-8.30pm. (Margaret 0191 258 2538)

On Monday evenings there is Martial Arts (Kyle 077910 75793); Tai Chi



## Change 4 Life

eat well move more live longer



The government has launched a healthy living campaign in a bid to stem rising obesity rates in England.

It includes television adverts warning too much body fat leads to cancer, type 2 diabetes and heart disease. Tesco, Kellogg's and Unilever are among the companies who will be promoting the "eat well, move more, live longer" message in the "Change4Life" strategy.

In January and March ITV will run two primetime Saturday night shows called the 'Feelgood Factor' to help families live more healthily. In June and August the Fitness Industry Association will launch MoreActive4Life, which will give people free access to health clubs and leisure centres for a four-week period.

In August ASDA will be undertaking a major flagship event — Bike4Life — to raise awareness of cycling as an activity that all the family can do.

6.30pm-7.30pm (Dave 07909 715 202); Total Body Shaping 7.00pm-7.45pm (also on Thursdays 7.00pm-7.45pm - Jacqui 0191 280 1718); Simple Step Exercise 8.00pm-9.00pm (Jacqui 0191 280 1718);

and Carpet Bowls 7.00pm-9.00pm (also on Thursday evenings 7.00pm-9.00pm - Dawn 0191 257 9915)

Freestyle Yoga Fitness/Pilates is available on Thursday evening 7.40pm-8.40pm (Jacqui 0191 280 1718)

