

WALKING FOR HEALTH (OR A MEDAL)

In England, half of all adults are not active enough to benefit their health. This means that they are at risk of developing serious illnesses such as diabetes, heart disease and cancer. But it doesn't have to be this way.

Walking for Health is England's largest network of health walks with over 360 active walking schemes, helping people across the country lead a more active lifestyle. They have done this with great success for over 14 years, improving the mental and physical well-being of thousands of people.

Getting started is easy! You don't need any special equipment and with the variety of free walks on offer, you will be able to choose a walk at a time to suit you. Each walk is run by qualified volunteer walk leader who has completed a training course from Walking for Health and will make you very welcome.

If you are worried about joining the walk on your own, bring a friend, the kids or (Telford and Wrekin only) the dog! Many walkers attend on their own and the walks are an ideal place to meet people and make new friends.

Most of these are on weekdays during office hours so are unlikely to be convenient for full time staff but there are walks in Madeley on Sundays and in Lilleshall on Thursday evenings.

The walks range from 30 minutes to 1½ hours but in Shropshire there are also Grade 4 'Next Steps' walks of up to 2 hours duration.

There are also opportunities for those interesting in helping out as a volunteer to lead walks (once trained).

Click on the link below that is closest to your area for details of walks in your locality.

<https://walkingforhealthtelfordandwrekin.org.uk/our-walks/>

<https://www.walkingforhealth.org.uk/walkfinder/north-shropshire-walking-for-health>

<https://www.walkingforhealth.org.uk/walkfinder/west-midlands/south-shropshire-walking-for-health>

If those walks aren't challenging enough for you the Ironbridge Walking Festival may appeal. It takes place from Saturday 30th April through to Sunday 8th May with walks ranging from 3 around 20 miles. There are even medals for those completing 25, 50 or 100 miles over 3 or more walks during the nine day festival. <http://www.ironbridgewalking.co.uk/WALKS/walks.html>