

# WALKING

## with a health condition



### Who is this for?

People with a health condition, who would like to slowly increase their activity levels.

### Did you know walking can:

- >> Help you to lose weight
- >> Keep your joints, bones and muscles strong
- >> Help reduce anxiety and depression
- >> Help you feel better
- >> Increase good cholesterol
- >> Help control blood pressure
- >> Help control blood sugar levels

You must **register** for the walks in advance with Sean Collins email: [sean.collins@southerntrust.hscni.net](mailto:sean.collins@southerntrust.hscni.net) or telephone 028 3756 3947

We have 3 walks: **First Steps**: 10 minute walk for beginners; **Stepping on**: 20 minute walk for those who want to go a bit further; and **Stepping out**: 30 minute walk for those who are currently walking

Walks available in the Lurgan & Banbridge Area

*Bring a friend or relative along with you*

