

## **Why Walk?**

Fitter people have a greater chance of living longer. At least 7 in 10 people do not take regular exercise to benefit their health.

Walking is the perfect exercise – it requires no equipment, needs little skill and costs nothing. Brisk walking is the aim but it is advised to start slowly, building your pace up gradually. It is recommended that everyone should try to become moderately active for 30 minutes on five days a week.

## **How to start?**

The Trow bridge Walking Forum has now established an ongoing programme of popular walks through both rural and urban environments in and around the Trow bridge area. Everyone is welcome to join any walk - **there is no subscription and it's free to join**. Programmes of walks are produced quarterly, outlining the next three months scheduled walks. They are available in Trow bridge from Doctors' surgeries, the Tourist Information Office and the Town Council Offices, as well as the Travelwise website.

## **Other Benefits?**

Trow bridge Walking Forum provides the opportunity for everyone to walk in safety, and amongst friends at a pace that suits your own physical capability. But regular walking will help you to progressively improve your fitness, and as part of an overall outlook, you can develop to a state of healthy wellbeing.

## **Safety?**

Trow bridge Walking Forum now has 15 walk leaders, many of whom have been trained in emergency first aid. Each walk has a minimum of two trained leaders, each equipped with an emergency pack, "walkie talkies", and mobile phones.

*If you have any doubt about walk suitability for you please consult your doctor.*