

HEALTH WALKS

East Lindsey

April - September 2019



WEEKDAY HEALTH WALKS

All health walks are weekly unless stated otherwise.
Walk lengths are approximate. All walks start promptly at the times stated.

MONDAY (Excluding Bank Holidays)

Woodhall Spa 9.30am
Coronation Hall,
Spa Road, LN10 6PZ

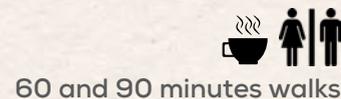


TUESDAY

Wolds Walkers for Health 9:30am
(No walks in August)
Hemingby Village Hall
Mill Lane, LN9 5QQ

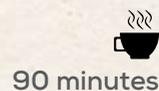
30 - 45 minutes

Louth Health Walks 2pm
Meridian Leisure Centre,
Wood Lane, LN11 8SA



THURSDAY

Wolds Walkers for Health 10am
(First Thursday of each month)
Hemingby Village Hall
Mill Lane, LN9 5QQ



Skegness 11am
The Storehouse
North Parade, PE25 1BY



Sutton on Sea 2pm
The Beach Bar car park
Trusthorpe Road, LN12 2ET



FRIDAY (Excluding Good Friday)

Mablethorpe 10:30am
Station Sports Centre
Station Road, LN12 1HA



SUNDAY

East Lindsey Heart Support Group Walks take place on Sunday's at 11am from different locations in East Lindsey, and are supported by qualified Walking for Health walk leaders. The walks are aimed at heart patients in particular, as they are between 1 and 3 miles and many on flat ground, but everyone is welcome. For details of the current programme please e-mail Carol and Ernie at ewandcw132@aol.com, telephone 01507 327084 or visit their website at www.heartsupportgroup.co.uk.

WALKING SYMBOL KEY

The symbols shown below relate to the different facilities available during or following the walk.



Refreshments
available
after the walk



Toilet facilities
available



Wheelchair
accessible



WHAT IS A HEALTH WALK?

A Health Walk is a, short, led walk undertaken on a regular basis. All our walks are free of charge, and open to everyone - you don't need to preregister, just come along and join in. The routes start and finish at the same location, as advertised, and last between 30 and 90 minutes. All walks are at your own pace, and led by our friendly and trained volunteer walk leaders.

WHY WALK WITH US?

There are numerous benefits to joining the East Lindsey Health Walks, including meeting new people and getting to know your local area. Our walks are very sociable, and usually finish with refreshments. Walking is a great way to improve your physical health, here's a few positive things that walking can do for your health:



Helps to lower blood pressure



Improves sleep patterns



Improves the flexibility and strength of joints



Maintain/lose weight



Reduces stress levels



Reduces the risk of various diseases and illnesses

MORE INFORMATION

To find out more about any of our walks, please contact our health walks co-ordinator:

T: 01522 544 632

E: healthwalks@lincolnshire.coop

W: lincolnshire.coop/health-walks

Suitable clothing and sturdy, comfortable shoes or trainers are recommended. Please arrive **15 minutes early** on your first walk, as you are required to complete a short registration form. All walks are subject to change, and we advise contacting the walk co-ordinator prior to attendance.

If you wish to walk with your dog, please check in advance with the scheme co-ordinator that the walk is suitable. All dogs must be on a lead and kept under control at all times.