

# Would you like to lead local health walks?

Then how about training to be a volunteer walk leader?

Walking is a low impact exercise & as well as the obvious health benefits like weight loss & increased fitness, it is also great for mental well being.

North East Lincolnshire Council are looking for volunteers to lead local Health walks. Health walks are 30 minute walks aiming to gradually build activity levels. You will be trained in Walk Leading & First Aid. A free leaders pack is provided along with on-going support from the Healthy Travel officer at NELC.

The first date for the training will be:

**Thursday 28<sup>th</sup> May**

If you would like to book on to the training or require more information contact us on 01472 323594 or email [MoveMore@nelincs.gov.uk](mailto:MoveMore@nelincs.gov.uk)

