

WALKING IS A GREAT WAY TO HELP YOU STAY FIT AND HEALTHY

WALKING CAN

- » Keep your heart strong
- » Reduce Blood Pressure
- » Increase your energy levels
- » Help you achieve a healthy weight
- » Reduce Stress
- » Help you sleep better
- » Make you feel good

WE WALK WHATEVER THE WEATHER SO

- » Wear Comfortable clothes — lots of layers are best
- » Bring a waterproof coat/jacket
- » Bring a drink (water is best!)
- » Wear Comfortable shoes!

For further information, or if you need details of how to get there please contact:

Andy Robertson 07985 155 734

Pete Burnett 07908 600 385

or ask at the Linskill Centre Reception



linskill & north tyneside
COMMUNITY DEVELOPMENT TRUST



Walk more... feel the difference

Walking the way to Health
www.whi.org.uk

Linskill Healthy Walks



Come and join us at the
Linskill Centre

on **Thursdays** at 10.00am

or **Fridays** at 11.00am

Meet in the reception area

Anyone can turn up and join in — it's
FREE and it's **FUN!**

LINSKILL HEALTHY WALKS - Thursdays for the month of JULY 2009

<u>Date</u> 2009	<u>Time</u>	<u>Meet at</u>	<u>Walk Name</u>	<u>Walk Leaders</u>	<u>Distance or time</u> (approx)
THUR 2 JULY	10.00am	LINSKILL	#CULLERCOATS - Walk from Linskill to Tynemouth and along the seafront to the Copper Kettle	Pete/David	60-90 MINUTES (APPROX)
THUR 9 July	10.00am	LINSKILL	#TYNEMOUTH PIER - Walk from Linskill to Tynemouth, past the Priory and down to the end of the Pier. Back to Tynemouth for coffee	Sandra/Dianne	60-90 MINUTES (APPROX)
THUR 16 July	10.00am	LINSKILL	FERRY LANDING - Walk from Linskill to Tynemouth, past the Priory and along to the Fish Quay finishing at the Ferry Landing. Bus service available to North Shields Metro.	Andy/Pete	60-90 MINUTES (APPROX)
THUR 23 July	10.00am	LINSKILL	#MARDEN QUARRY - Walk from Linskill to Marden Quarry Nature Reserve then on to the Copper Kettle at Cullercoats	Andy/Sandra	60-90 MINUTES (APPROX)
THUR 30 July	10.30 am	WEST MONKSEATON METRO	MURTON VILLAGE - Walk from West Monkseaton Metro to Murton and then on to Shiremoor Metro	Sandra/Andy	60-90 MINUTES (APPROX)
EVERY FRIDAY	11.00am	LINSKILL	# 'LESS-THAN-AN-HOUR' HEALTH WALKS Starting and finishing at the Linskill Centre. Ideal for those new to walking, haven't walked for a while, or recovering from an illness or injury. N.B. Morning Coffee (or tea) and a fresh-baked scone for £1.50 - at the end of the walk!	T.B.A.	LESS THAN 60 MINUTES, NEARLY ALL FLAT AND REST BREAKS IF NEEDED