

So what are you waiting for?

Follow in our footsteps –
it's as easy as 1, 2, 3 ...

1st step: Complete your details below

Name:.....

Date of birth:

Address:.....

.....

.....

Tel. No:

Mobile:

email:

Where did you find out about Heart & Sole?

.....

.....

2nd Step: Send back to Heart and Sole,
Chelmsford Borough Council,
FREEPOST NAT14994,
Civic Centre, Chelmsford, Essex CM1 1BR.

3rd Step: TURN UP!

Register your name today to receive your
FREE programme of scheduled walks within
Chelmsford.



This healthy walking scheme has been granted the highest accreditation of 3 hearts by the WHI (Walking the Way to Health Initiative) part of the Countryside Agency.

This publication is available in other formats including Braille, large print, audio tape and other languages.

Please call 01245 606289
Minicom 01245 606444

For further information please contact

Tel: 01245 606208

Email: heartandsole@chelmsfordbc.gov.uk

Website: www.chelmsfordbc.gov.uk/heartandsole/index.htm

Heart and Sole

Chelmsford Borough Council,
FREEPOST NAT14994
Civic Centre, Chelmsford, Essex, CM1 1BR

Chelmsford Primary Care Trust

Kestrel House, Hedgerows Business Park,
Colchester Road, Springfield, Chelmsford,
Essex, CM2 5PF



Heart and Sole



heart and sole

Healthy Walks Scheme

A joint initiative between
Chelmsford Borough Council and
Chelmsford Primary Care Trust



Heart and Sole – what is it?

Heart & Sole is Chelmsford's FREE health walk programme set up by Chelmsford Borough Council and Chelmsford Primary Care Trust.

Heart & Sole provides safe walking routes based around local parks led by trained volunteers. Each walk lasts approximately 30 minutes. Afterwards you can finish with a cup of tea and a chat.

It will give you a chance to relax, unwind and meet new people while getting healthier.



Why do it?

Regular 30 minute walks can:

- Reduce blood pressure and cholesterol
- Aid weight loss
- De-stress and relax
- Improve stamina and endurance
- Strengthen bones

Ideally you should aim to do 30 minutes of activity 5 days a week. Don't worry if this is not possible, start slowly, once a week is better than not at all!

To benefit from the scheme you will need to walk slightly faster than you would normally but at a pace you can hold a conversation.

Everyone is welcome but especially if you have, or have experienced:

- high blood pressure/high cholesterol
- diabetes
- coronary heart disease/stroke
- stress or depression
- inactivity/lack of energy
- asthma
- recovering from surgery

All Heart & Sole walk leaders have been trained in first aid.

What do you need to do?

No fancy kit required, just turn up in comfortable/appropriate clothing and footwear – don't forget sunscreen.

You will be asked to complete a short questionnaire about your general health; if there is any doubt we will ask you to get formal consent from your doctor.

Now all you need to do is fill in and return the form overleaf!

