

Frequently Asked Questions

Footwear: For each walk we recommend sensible flat shoes or walking boots. No slip on or high heels.

Dogs: Well behaved dogs on a lead at all times are welcome. Owners must take responsibility for their own dogs including getting them over stiles.

Weather: Walks run on a weekly basis whatever the weather.

How much should I do? The recommended amount of physical activity is 30 minutes a day, 5 times a week. However if you currently do no or little physical activity it is recommended that you start at a low level and gradually build up to the recommended amount.

How hard should I work? : The recommendation is 5 x 30 minutes of moderate intensity physical activity. The best way to judge if your working hard enough is that you're breathing slightly faster, feeling warmer and have an increase in heart rate (you should still be able to hold a conversation).

What happens if the Walk Leaders doesn't turn up? : If a walk leader is ill, we will try and contact all walkers prior to the walk. If we are unable to get in touch with you assume the walk is cancelled if the Walk Leader does not arrive within 10 minutes.

**For more information please contact Michael Clinton -
Health Improvement Specialist for Physical Activity at
NHS Halton & St Helens**

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The logo for 'walk 4 life' is displayed on a yellow rectangular background. The word 'walk' is in blue, '4' is in red, and 'life' is in blue. The letters 'l', 'i', and 'f' in 'life' are stylized to include human figures: the 'l' is a green person, the 'i' is a purple person, and the 'f' is an orange person.