

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

### Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

### How you can get involved

BRCC co-ordinates a range of Walk 4 Health walk programmes throughout Bedfordshire. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like.

If you want to know more before you start, just get in touch with the appropriate Walk Leaders or with Mike Fayers, Health Walks Manager, on 01234 832619 or at [mikef@bedsrcc.org.uk](mailto:mikef@bedsrcc.org.uk).

For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)  
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)



# step right up

## Walk 4 Health Bedfordshire

### Walks programme – Central Bedfordshire

From January 2017



Working in partnership

## MONDAY

### Leighton Buzzard

**Weekly, 10.00am, 30, 60 & 80 minutes**  
Meet at Bell Close (opposite Morrison's garage). Leader: Edith Griffith on 01525 376551

## TUESDAY

### Houghton Regis Beginners

**Weekly, 10.00am, 20-45 minutes**  
Meet at the library. Leader: Robin Osborn on 0300 300 4621

### Shefford

**Weekly, 10.00am, 60-90 minutes**  
Meet at Community Hall, Ampthill Road. Leaders: Beth & Peter Overfield on 01462 815672

### Henlow

**Weekly, 11.00am, 60 minutes**  
From Five Bells Pub, High Street, Henlow. Leader: Martin Knight on 01462 812532

### Dunstable

**Weekly, 2.00pm, 45-60 minutes**  
Meet at Travel Choices Hub, 1 Ashton Square. Leader: Alister Barclay on 07917 084663

### Biggleswade

**Weekly, 2.00pm, 90 minutes.**  
Start points vary. Leaders: Janette Sibley on 07771 540117, Gillian Wilkes on 07890 232685

## WEDNESDAY

### Biggleswade

**Weekly, 10.00am, 30-40 & 60-90 minutes.** Meet at Dan Albone car park, Shortmead Street. Leaders: John Ingrey on 07710 657455, Mary DiMarco on 07855 632021

### Sandy

**Weekly, 10.00am, 90 minutes**  
Meet at Sandy Market Square (by opticians). Leaders: Cathy on 01767 692182, Eileen on 01767 681033

### Flitwick Beginners

**Weekly, 10.00am, 25-45 minutes**  
Meet at Flitwick Library. Leader: Dave on 01525 715687

### Flitwick

**Weekly, 10.15am, approx. 90 minutes**  
Start points vary. Leader: Roy Mercer on 01525 715730

### Marston Vale Beginners

**Weekly, 10.15 for 10.30am start, 25 - 45 minutes.**  
Meet at the Marston Vale Forest Centre Reception. Leader: Elizabeth Wiggins on 01234 740847.

### Marston Vale

**Weekly, 10.30am, 60 minutes.**  
Meet at the Marston Vale Forest Centre Reception. Leaders: Mike Green on 01234 767014, Wendy Barker on 01234 851142

## WEDNESDAY contd.

### Dunstable Downs

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of month, 10.30am, 45-90 minutes.** Meet at Gateway Centre. Leader: Mike Elliott on 07594 577129

## THURSDAY

### Biggleswade

**Weekly, 10.00am, 90 minutes.** Meet at Stratton School gates, Eagle Farm Road. Leader: Mary DiMarco on 07855 632021, Mary Arnold on 07761 681213

### Leighton Buzzard beginners

**Weekly, 10.00am, 20 – 45 minutes.**  
Meet at library. Leader: Robin Osborn 0300 300 4621

### Potton & Gamlingay

**Weekly, 10.00am, 90 minutes.** Start points vary. Leader: Boo Matthews on 01767 260644

### Shefford Beginners

**Weekly, 10.00am, 20-45 minutes**  
Meet at the library. Leader: Loren Barnard on 0300 300 5125

### Dunstable

**Weekly, 10.30am, 30-45 minutes**  
Meet at the Leisure Centre (café area) Leader: Lucy, Jo and Devan on 01582 608107

### Arlesey

**Weekly, 10.45am, 90 minutes.** Start points vary. Leaders: Brian & Katie Juffs on 01462 638286

## THURSDAY contd.

### Barton le Clay

**Fortnightly, 11.00am, 60 minutes**  
Meet at the Royal Oak pub. Leaders: Geoff & Jennifer Kingsnorth on 01462 711205

### Houghton Hall Park

**Weekly, 2.00pm, 60 minutes**  
Meet at the pavilion on the Green. Leader: Sue Jenkins on 01582 865966

## FRIDAY

### Ampthill

**Fortnightly, 10.00am, 90 minutes**  
Start points vary. Leader: Lynda on 01234 740788  
<http://ampthillhealthwalks.blogspot.co.uk/>

## SATURDAY

### Green Lanes, Dunstable

**Monthly, 10.00am, 60 minutes**  
Meet at Creasey Park Football Centre  
Leader: Alister Barclay on 07917 084663

## OCCASIONAL WALKS

### Arlesey Meadows Buggy Walk

From Arlesey Youth Centre  
01462 835701

### Biggleswade Buggy Walks

From The Lawns, Nursery School and Children's Centre 01767 312312