

## **REMEMBER:**

Walking should be enjoyable.  
Be realistic about your target.  
Start small and increase gently over time.  
Always walk with someone if you can.

Be properly equipped. (sensible footwear, a waterproof, a warm jumper, a drink and a small snack if you plan to be out a while)

This is part of an increasing series of local walks for you to use to improve your strength and stamina under the supervision of your doctor.

**ALWAYS** ask if you are unsure about any of the walks that you would like to

### **WALK 3          Stepping Out**

**Distance**      1.5 miles/ 2.5 km approx.

**Time**            about 45 minutes.

**Difficulty**     Fair. 2 stiles.  
Some grass. 2 slopes.  
Flight of steps (down).

**Hazards**        Some roads do not have pavements, take extreme care and walk facing oncoming traffic.

*This walk is not suitable for push-chairs.*

## **Notes**



These walks are intended to be self-guided. However, volunteers are available to assist with route familiarisation.

For further information please contact one of the following:-

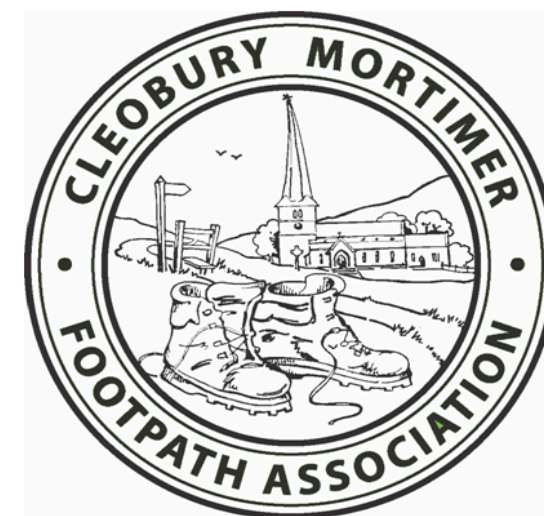
**Alan & Deana Kimber. 01299 271754**

**Steve Parker. 01299 270810**

**All health related matters must be referred to the Medical Centre.**

The footpath notes and maps supplied herein are solely for guidance and the CMFA can accept no responsibility for errors and omissions.

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## **Walking for Health**

*An initiative between  
your Medical Centre and  
the Cleobury Mortimer  
Footpath Association*

### **Walk 3          Stepping Out**

The purpose behind this series of leaflets is to encourage a healthier lifestyle. By walking for 30 minutes a day, 5 days a week, the risk of ill-health and, in particular, heart disease can be reduced.

Heart disease can affect anyone; but with regular exercise its effects can be minimised. You can start slowly and build up gently to where you breath a little faster, feel warmer and have a slightly faster heart beat.

