

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

Sandra McLellan 07852 923 573

or ask at the Linskill Centre Reception



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 & north tyneside
COMMUNITY DEVELOPMENT TRUST

LINSKILL HEALTHY WALKS - THURSDAYS/FRIDAYS for NOVEMBER/DECEMBER 2009

<u>Date</u>	<u>Time</u>	<u>Meet at</u>	<u>Walk Name</u>	<u>Walk Leaders</u>	<u>Walk Time</u>
THUR 5 NOV	10.00am	LINSKILL	MARDEN QUARRY - Walk along the Broadway to the quarry, Cullercoats, return along the seafront.	David/Dianne	1-2 HOURS
THUR 12 NOV	10.00am	LINSKILL	TYNEMOUTH PIER - walk to the Priory, down to the end of the pier, return to Tynemouth	Sandra/Dianne	1-2 HOURS
THUR 19 NOV	10.00am	LINSKILL	CHIRTON DENE/MARINA - walk across North Shields to Chirton Dene, & Marina, finish N/Shields	Andy/Sandra	1-2 HOURS
THUR 26 NOV	10.30am	MONKSEATON METRO	MURTON VILLAGE - Metro to West Monkseaton, walk through Murton Village to Shiremoor Metro.	Andy/David	1-2 HOURS
THUR 3 DEC	10.00am	LINSKILL	FISH QUAY A - walk to the Priory, along the riverside to the Fish Quay. Ends Ferry Landing.	David/Dianne	1-2 HOURS
THUR 10 DEC	10.00am	LINSKILL	FISH QUAY B - walk across North Shields to the Ferry Landing, along the Fish Quay to Tynemouth.	Andy/Sandra	1-2 HOURS
THUR 17 DEC	10.00am	LINSKILL	TYNEMOUTH PIER - walk down to the end of the Pier. Return to Tynemouth and the Salutation for a PRE-BOOKED Christmas meal.*	David/Pete	1-2 HOURS
THUR 24 DEC	10.00am	TYNEMOUTH METRO	CHRISTMAS EVE WALK - Finished all your shopping and present wrapping? Join us for a walk to Cullercoats and unwind before the 'Big Day'	Andy	1-2 HOURS
THUR 31 DEC	10.30am	BYKER METRO	HOGMANAY WALK - walk off the excesses of Christmas with a walk in Jesmond Dene	Andy	1-2 HOURS

* Meal must be booked by 12 November - ask Walk Leader for details

EVERY FRIDAY @ 11.00am — 'LESS-THAN-AN-HOUR' HEALTH WALKS — Starting and finishing at the Linskill Centre.
Ideal for those who are new to walking, haven't been walking for a while or are recovering from an illness or injury.