

Social Prescribing for Inactivity

This is a NEW project that help people find their way. We can:

- * Support you to work through your barriers
- ◆ Support you to work out what activity suits your lifestyle
- ◆ Support you into your chosen activity
- ◆ Accompany you to your first session
- ◆ Support you to integrate your chosen activity into your daily life

Contact: Stella Picton on 07739 649839

or Call the Healthy Living Centre on 0117 377 2255

The Daily Mile Challenge

Our Measured Mile:

- Is flat and accessible
- has toilets on site
- distance markers every 1/4 mile
- you can do as much or as little as you want
- fabulous views across Bristol
- accessible outdoor gym trail (optional)
- Novers Hill steps for additional workout (optional)



We run 3 walks weekly:

One Heart Group:

Monday 11am,
Length of walk up to
25 minutes

Two Heart Group:

Thursday 9.30am,
Length of walk up to
60 minutes

Three Heart Group

Tuesday 9.30am,
Length of walk up to 90 minutes

All ages welcome .

Walks led by qualified Walk Leaders

Cost: Free



Some of the Benefits of Walking are:

- * Improves Heart Health
- * Aids Weight Loss
- * Regulates Blood Pressure
- * Improves Circulation
- * Reduces Risk of Diabetes
- * Boosts Immune Function
- * Increases Lung Capacity
- * Prevents Dementia
- * Reduces Stress
- * Uplifts Mood
- * Strengthens Bones and Muscles
- * Builds Social Support



Measured Mile...

- 1/4 MILE
- 1/2 MILE
- 3/4 MILE
- 1 MILE

- Walk 1/4 Mile and burn approximately 22 calories
- Walk 1/2 mile and burn approximately 43 calories
- Walk 3/4 mile and burn approximately 67 calories
- Walk 1 mile and burn approximately 85 calories

- * Add another 1/3 of a mile to your workout
- * There are 183 steps
- * You could burn another 28 calories

NOVERS
STEPS

