

## NOW Girls

### Night Owls Walking Group

This group is for anyone who would like to walk (as a beginner) and for anyone who is a regular walker. How and where we walk may be subject to change depending on the ladies meeting up to walk and their walking experience. We will always walk to the fitness and pace of the least experienced walker.

As a beginner we will gently support you through a phased development programme that will increase your stamina and fitness and the distance you can walk.

### FAQ

#### What equipment do I need?

A pair of sturdy walking shoes/boots, trainers are really not suitable as they are not waterproof. Sports direct in Woking sell various options, Karrimor provide good value for money (avoid the really cheap Gelert shoes as these are synthetic and will cause your feet to sweat and your boots to smell nasty!)

- Boot socks
- A waterproof jacket
- A bottle of water
- A day sack – as our walks get progressively longer, a rucksack is useful to carry any layers you shed on a beautiful day, and a snack and drink as an energy boost on the way round.

#### How far will we walk?

This will depend on your experience, we are assuming that many people will not be used to walking distances and thus we will start with about a 45 min walk (1.5 miles ish) on very easy terrain and will gradually increase the distance over time and the complexity of the walks. There will always be two co-ordinators on any walk – no one will be left behind. On the outside chance anyone is struggling, one of the co-ordinators will stay with you and take a sensible decision regarding what should happen next regarding getting you home.

#### Can I bring friends?

Yes of course, the more the merrier. We are a girls group, so please leave your boys at home (you can bring the dog!). The aim is to make this as social as possible and meet old friends and new through the process.

There is every option to be flexible and we will be considering family and children friendly walks on occasion too.

#### How much is it?

We are asking for a £1 donation from each walker each time you walk, this will cover any print costs we have – routes/maps if we need them. The surplus of which we hope is the majority will be donated to MAMA.

### **Can I lead a walk?**

Yes please, we would love anyone to take a turn in leading a walk. We have put a few dates in the diary to get us started but we are hoping that everyone will have places they have been or heard about they would like to share with us. We have a number of resources and books of walks if you'd like to choose from them.

### **Do I need a map?**

A map is not necessary, as we move to completing longer walks (more than three miles) we will start to use published routes and will provide you with a copy so you can walk again in small groups or with friends at your leisure.

### **What day and time will it be?**

To begin with, we have varied the days and times across Mon-Fri; as time progresses we may find that a particular day and time proves popular. We hope to undertake some evening walks in the summer months.

### **The benefits of walking**

Reduce the risk of coronary heart disease

Maintain body weight and lower the risk of obesity

Reduce your risk of breast and colon cancer

Improve blood pressure and blood sugar levels

Enhance mental well being

Reduce your risk of non-insulin dependent (type 2) diabetes

Improve blood lipid profile

Reduce your risk of osteoporosis

### **Contact details**

If you would like more information or have any comments or suggestions to optimise this programme then please do get in touch with the walk leaders