

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



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)

How you can get involved

Step out Sheffield is the name of the accredited Walking for Health scheme here in Sheffield.

Our walks are free, fun, friendly and run every week (including school holidays!) – 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 about a walk before you start, just get in touch on:

075 0563 9524 or

www.healthwalksinshffield.btck.co.uk

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



Step Out Sheffield

Health Walks in Sheffield

City-wide weekly walks programme (November 2016 edition)

For all levels of ability



Monday

Graves Park

Every Monday starting 10 am.

Meet outside the Rose Garden Café in the park.

Crystal Peaks

Every Monday starting 10 am.

Meet outside the main doors on the lower level.

Firth Park

Every Monday starting 11:30 am.

Meet in the foyer of the First Start building, Firth Park Road.

Tuesday

Stannington

Every Tuesday starting 10:15 am.

Meet in the TARA office, 29 Fairbarn Drive.

Ecclesall Woods

Every Tuesday starting 10:30 am

Meet Abbeydale Industrial Hamlet Visitor Centre, Abbeydale Road South.

Handsworth

Every Tuesday starting 1:30 pm

Meet at the Scout Hut, back of St Mary's Parish Church, Handsworth Road.

Pitsmoor

Every Tuesday starting 1:30 pm

Meet in the waiting room, Pitsmoor Surgery on Burngreave Road.

Porter Valley

Every Tuesday starting 1.30 pm

Meet outside Endcliffe Park Café, off Rustlings Road.

Wednesday

Stocksbridge

Every Wednesday starting 10:30am.

Meet at various venues. Telephone 07966294003 for details.

Totley

Every Wednesday starting 10:30

Meet in Totley Library, Baslow Road.

Gleadless

Every Wednesday starting 12:30

Meet at the bus stop outside Gleadless Medical Centre, Newfield Green.

Ecclesfield

Every Wednesday starting 2 pm

Meet outside Mill Road Surgery.

Most walks are one hour or under. Every venue also offers a shorter or slower walk each week to cater for all levels of ability.

Richmond

Every Wednesday starting 2 pm

Meet in the lobby of St Catherine's church, Junction of Hastilar Road South and Richmond Road.

Thursday

Frecheville

Every Thursday starting 10 am.

Meet Community Centre, Churchdale Road.

Grenoside

Every Thursday starting 10 am.

Meet in the Community Centre car park, Main Street, Grenoside.

Firshill

Every Thursday starting 10:15 am

Meet at the Orphanage Road bus stop, outside Abbeyfield Primary Academy, Barnsley Road.

Ecclesall Woods

Every Thursday starting 10:30 am.

Meet JG Graves Discovery Centre, Ecclesall Woods, off Abbey Lane.

Hillsborough

Every Thursday starting 10:30 am.

Meet at Hillsborough Arena formerly known as 'the old running track' off Middlewood Road.

Lowedges

Every Thursday starting 10:30 am.

Meet in Gresley Road Meeting Rooms.

Wisewood/Wadsley

Every Thursday starting 10:30 am.

Meet at Wisewood Community Sports College off Laird Road.

Forge Dam/Whiteley Woods

Every Thursday starting 2 pm.

Meet outside Forge Dam Café Whiteley Lane/Brookhouse Hill.

Owlthorpe

Every Thursday starting 2 pm.

Meet in the lobby of Christ Church on Sheffield Road, Hackenthorpe.

Friday

Norfolk Park

Every Friday starting 10:15 am

Meet in the lobby, Centre in the Park, Norfolk Heritage Park, off Guilford Avenue.

Woodhouse

Every Friday starting 1:30 pm

Meet at Woodhouse Library, on Skelton Lane, Woodhouse.

