

# WHY WALK?

## Why is walking the perfect activity for health?

- Almost **everyone** can do it.
- You can do it **anywhere** and any time.
- It's a chance to make new **friends**.
- It's **free** and you don't need special equipment.
- You can start **slowly** and build up gently.

## Walking can:

- Make you feel **good**
- Give you more **energy**
- Reduce stress and help you **sleep** better
- Keep your heart strong and reduce **blood pressure**
- Help you manage your **weight**.

# WHAT NEXT?

**Head to your nearest Health Walk and give it a go!**  
You too can walk your way to health!

This service is delivered on behalf of Kent County Council by the NHS.

### For more information:

Health Walks Team  
Phone: 0300 123 1220 and select option 2  
Email: [kcht.healthwalks@nhs.net](mailto:kcht.healthwalks@nhs.net)

[WWW.ONEYOUKENT.ORG.UK](http://WWW.ONEYOUKENT.ORG.UK)



# GET WALKING

with  
**Swale**  
Health Walks

**ONE YOU KENT**

# SWALE

## Murston, Sittingbourne

2

**Day:** Mondays  
**Date:** Ongoing  
**Location:** All Saints Church, Church Road, Murston, ME10 3RE  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 60 to 120 mins (includes 30 min cafe stop)  
**Contact:** Liz 07891 416594.  
Meeting point can vary, contact Liz to confirm.

## Lower Halstow



**Day:** Mondays  
**Location:** Main entrance to The Brickfields, Lapwing Drive, Lower Halstow, ME9 7DZ  
**Time:** 9.45am for 10am start  
**Length:** Approx 120 mins  
**Contact:** Margaret 01795 843927.

## Minster on Sea

1

2

**Day:** Tuesdays  
**Date:** Ongoing  
**Location:** The Seafront, Minister on Sea, Sheerness  
**Time:** 11.15am for 11.30am start  
**Length:** Max 60 mins  
**Contact:** Sharon 01795 873608.  
Walk difficulty varies on alternate weeks. Meeting point varies, contact Sharon to confirm.

## Faversham Library



**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Faversham Library, Newton Road, Faversham, ME13 8DY  
**Time:** 9.45am for 10am start  
**Length:** Approx 90 to 120 mins  
**Contact:** Linda 01795 533614.  
Dogs on leads welcome.

## Milton Creek

1

**Day:** Wednesdays  
**Date:** Ongoing  
**Location:** Outside Holy Trinity Church, Green Porch Close, Sittingbourne, ME10 2HA  
**Time:** 10.15am for 10.30am start  
**Length:** Approx 60 mins  
**Contact:** 0300 123 1220 option 2.  
Dogs on leads welcome.

## Iwade Village

2

3

**Day:** Thursdays  
**Date:** Ongoing  
**Location:** Lloyds Pharmacy, School Lane, Iwade, ME9 8SH  
**Time:** 10.30am for 10.45am start  
**Length:** Approx 60 and 90 mins  
**Contact:** 0300 123 1220 option 2.  
Two walk options available.

## Sheerness

2

**Day:** Fridays  
**Date:** Ongoing  
**Location:** Harty Room, Healthy Living Centre, off The Broadway, Sheerness, ME12 1HH  
**Time:** 10.30am for 10.45am start  
**Length:** Approx 60 mins  
**Contact:** David Scott 01795 471459 or 07837 459935.  
Pram friendly. Wheelchair friendly.



### Walk Grades

1

Gentle stroll, shorter distance

2

Brisk walk, slightly further distance

3

Faster pace, longer distance or rough ground



90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.