



Footpaths
to fitness

JOIN THE **WALKERS**

Your autumn and winter **countryside activities** programme starting **Monday 24th October 2016** at Bromley Farm Community Centre



Footpaths to fitness

For all the family...

Explore the countryside on the edge of Congleton with **our autumn and winter programme of walks, events and activities.**

If you fancy going walking yourself the local footpath network provides a selection of easy to challenging walks.



C'mon put your best foot forward and become a healthier, happier person

Everyone needs exercise... Here are 10 reasons why

1 It's good for your heart

It reduces blood pressure, improves circulation around your heart

7 Kids love the countryside

Walks and activities will help the whole family stay fit

8 Exercise in the countryside gives you energy and boosts your vitamin D levels

2 It helps keep your weight in check

A person weighing 60 kg burns 75 calories by walking at 2 mph for 30 minutes

6 It tones your legs, tum and bum and helps your waistline too!

9 Exercise helps ward off type 2 diabetes, asthma and some cancers

3 Walking's a great **STRESSBUSTER** and fresh air and exercise help improve mental health

4 Exercise makes you happy
Getting happy releases feel-good endorphins into the blood stream, reducing stress and anxiety

5 Walking increases stamina

Walking regularly improves muscle strength and endurance

10 **IT'S FREE**
So let's go out and get fitter...



Footpaths to Fitness Activities Programme

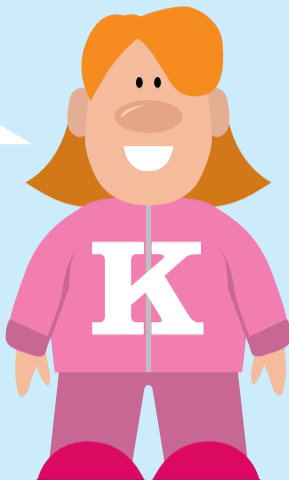
Congleton autumn and winter outdoor activities programme

All events are free!

To book please go online and visit:-

footpathstofitness.eventbrite.co.uk

All events start at Bromley Farm Community Centre, Edinburgh Road, Congleton CW12 3EN, unless stated otherwise in the programme



A walk a day keeps the doctor away



Outdoor Activities Day on Monday 24th October at Bromley Farm Community Centre

Just come along, no need to book for the activities day!

- 1 **Rock Climbing - on the climbing wall**
11 am till 3 pm
- 2 **Bird Bingo and other Wildlife Activities**
11 am till 3 pm
- 3 **Have a go at Willow Weaving**
11 am till 3 pm
- 4 **Wild Foods with James Wood**
Wild food walks and taster sessions
11 am till 3 pm
- 5 **A Tale to Tell walks**
True tales all about Congleton
11 am till 3 pm
- 6 **Autumn Walk with the Rangers**
When: 2nd November 1 pm - 2.30 pm
Booking required
Book for free: ftautumnwalk.eventbrite.co.uk
- 7 **Astbury Mere Country Park**
Free bus and guided walk
When: 9th November 1 pm - 2.30 pm
Booking required
Book for free: ftastburymere.eventbrite.co.uk

8 **Nordic Walking**

Learn how to Nordic walk with walking poles
When: 16th November 1 pm - 2.30 pm
Booking required
Book for free: ftnordic1.eventbrite.co.uk

9 **Pram Fit**

Keep fit for new parents
When: 23rd November 1 pm - 2.30 pm
Booking required
Book for free: ftpramfit1.eventbrite.co.uk

10 **Enjoying the moment walk**

When: 30th November 1 pm - 2.30 pm
Booking required
Book for free: ftenjoying.eventbrite.co.uk

11 **Winter Walk with the Rangers**

When: 7th December 1 pm - 2.30 pm
Booking required
Book for free: ftwinterwalk1.eventbrite.co.uk

12 **Winter Walk with the Rangers**

When: 14th December 1 pm - 2.30 pm
Booking required
Book for free: ftwinterwalk2.eventbrite.co.uk

13 **Winter Walk with the Rangers**

When: 21st December 1 pm - 2.30 pm
Booking required
Book for free: ftwinterwalk3.eventbrite.co.uk

14 **Canal Tales with Bess the Bargee**

When: 4th January 1 pm - 2.30 pm
Booking required
Book for free: ftexplorer.eventbrite.co.uk

15 **Pram Fit**

Keep fit for new parents
When: 11th January 1 pm - 2.30 pm
Booking required
Book for free: ftpramfit2.eventbrite.co.uk

16 **Winter Walk with the Rangers**

When: 18th January 1 pm - 2.30 pm
Booking required
Book for free: ftwinterwalk4.eventbrite.co.uk

17 **Nordic Walking**

When: 25th January 1 pm - 2.30 pm
Booking required
Book for free: ftnordic2.eventbrite.co.uk

18 **Winter Walk with the Rangers**

When: 1st February 1 pm - 2.30 pm
Booking required
Book for free: ftwinterwalk5.eventbrite.co.uk

19 **Cycle Ride**

When: 8th February 1 pm - 2.30 pm
Booking required
Book for free: ftcycleride.eventbrite.co.uk

20 **Bosley Cloud Hike**

Free bus to Bosley Cloud and walk back to town
When: 15th February 1 pm - 2.30 pm
Booking required
Book for free: ftbosleyhike.eventbrite.co.uk

21 **Creeping Toad Arts and Countryside Workshop**

"Our home - what makes this place special"
When: 20th February to 24th February
Booking required
Book for free: ftcreepingtoad.eventbrite.co.uk

I'm Will and I love walking

I'm Ally. My brother Luke and I want to go climbing

I'm Kelly, I'm going to Pram Fit and Nordic Walking

I'm Rose. My husband Eric and I love walking as it keeps us feeling younger

I'm Spot, you'd be barking mad not to join in!





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Advice for walks and activities:

Wear comfy, strong shoes or walking boots, wear warm clothing, bring a waterproof coat and a drink to keep hydrated. For longer activities a snack may also be required.



The Countryside Code

Respect • Protect • Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



Book in advance and online to secure your place on any of the events listed at:

footpathstofitness.eventbrite.co.uk

For more details or to book on an event call 01260 297237 or visit the website

www.cheshireeast.gov.uk/footpathstofitness

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