

## Lifewalks August and September 2022

Lifewalks is a walking for health scheme organised by Epping Forest District Council Community Partnerships. Every week Lifewalks offers a choice of group led walks. There are walks across the whole of Epping Forest District so your sure to find one near you.

### **Why go walking?**

Walking is fun, cheap and a great form of exercise anyone can do.

### **What kind of walking should I be doing?**

You only need to walk a little faster than usual. Health walks are not 'power' walks. You just need to walk as though you are a bit late for an appointment. Fast enough to get warm but not sweaty. Breathe a little faster, but still able to talk normally. Feel as though you have had some exercise but could still do a bit more.

For just 20 - 30minutes, walking a little faster than usual and without stopping gets your heart rate up. That's what does you good, so on Lifewalks you should only stop for a rest if you need to. Ideally you should exercise five times a week for 30minutes. This can be made up of your Lifewalks session and other activities such as yoga, pilates, cycling or walk with friends or family or walk a bit faster to the shops!

### **What kind of walks do Lifewalks offer?**

Our walks range from 0.8 to 3.98 miles. This may seem quite short but it's how fast you walk not how far. On the days we do a short route we go around twice for those who want to do more. The routes are all graded for the amount of effort needed.

### **How do I join Lifewalkers**

- Mid-week walks start at 10am and Sunday walks start at 10.30am
- Walks can be booked onto, up to 11am the day before the walk.
- **COST:** You can either Pay as you Go or become a member
- **Pay as You Go:** £2.60
- **PRE-PAID:** 6 Months £35 or 1 Year £66
- **FIRST WALK FREE :** If you have never attended Lifewalks before we are offering you the choice to attend your first walk free of charge please contact Karen Murray on [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)
- **Booking your place.** If you would like to join a walk, please book a place on line at <https://eppingforestdc.bookinglive.com/> or call 01992 564226 (phone lines open 10am to 12.45pm Monday to Friday)
- There will be 35 spaces on each walk.
- We use the Lee Valley Park for a lot of our walks, here are their parking fees for your information <https://www.visitleevalley.org.uk/parking-at-our-open-spaces>
- Please note if you attend a Lifewalk at \*The White Water Centre you need to enter your car registration details on site on the day of the walk to obtain free parking. A Lifewalk team member will be on hand to assist you on the day of the walk.

- If you are unable to attend, please let us know. You can leave a message on 01992 564222 or email [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) leaving your full name and the walk details that you wish to cancel : date and time.
- Please do not turn up for a walk without booking as we will have to turn you away, unless you have confirmed this with Karen Murray or a walk leader beforehand.
- Please be aware walks may be cancelled at short notice. All pre booked walkers will be informed, if possible, please give a mobile phone number as your contact when booking.
- You **MUST NOT** attend a walk if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on [the NHS website](#)

### **New to Lifewalks**

The Lifewalk leaders will introduce you to the group so you can get to know other walkers and we often have volunteers on hand who will happily walk with you. As a newcomer, you will almost certainly find some of the walkers disappearing off ahead at a much faster pace. Don't be put off by this - they have probably been coming to Lifewalks for some time. Don't try and keep up with the fastest walkers. You only need to walk as though your late for an appointment. However slow or fast you can walk when you first join Lifewalks, most people find they can walk more quickly within just a few weeks. If you have any further questions please contact Karen Murray on [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) or call 01992 564222

### **Gradients**

**Level A walks:** Flat, hard surface paths. Occasionally short slopes or a short stretch of grass but that's all, so everyone can do a level A walk.

**Level B walks:** Part of the route will include a grass or earth path section, and/or two or three short slopes, or one longer but gentle slope. Those walks therefore need a bit more effort. If you have any breathing or mobility problems, do a few A walks before Level B.

**Level C walks:** Include either a long or steep hill on good walking surfaces, or have a longish grass or earth path section.

**Level D walks:** Long steep hills and also may have an earth path section, which can be hard to walk on. **Please do not come on a level C or D walk until you feel comfortable walking the A and B walks**