

# mobilise!



Mobilise is a countywide initiative that aims to get more people, more active, more often through walking and cycling.

Mobilise is an NHS project run through Cornwall & Isles of Scilly Health Promotion Service. Mobilise organises regular walks and cycle rides on beautiful trails and paths across Cornwall. Mobilise is a free and friendly way to increase physical activity levels in Cornwall's great outdoors and it welcomes anyone whatever their age and ability.



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## WALK PROGRAMME



**Free**  
Easy paced walks  
across Cornwall

**Health Promotion Service**  
The Kernow Building, Wilson Way, Pool TR15 3QE  
[www.mobilise-cornwall.org.uk](http://www.mobilise-cornwall.org.uk)

W: [www.mobilise-cornwall.org.uk](http://www.mobilise-cornwall.org.uk)  
E: [info@mobilise-cornwall.org.uk](mailto:info@mobilise-cornwall.org.uk)  
T: 01209 310062



# Why Walk



## 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 to manage your weight

## 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

## How much walking do I need to do?

The current recommendation for physical activity is just 30 minutes a day of moderate activity, such as brisk walking. That's all it takes to feel the difference.

You should aim at 30 minutes a day but you don't have to do them all in one go to start with. You could walk for 10 minutes three times a day or 15 minutes twice a day at first. The most important thing is that you start 'where you're at' and build up gradually.

Brisk walking means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat. You should be able to talk. If you can't carry on a conversation then you're walking too fast!



# The Walks



## Meet new friends, improve your health and enjoy the stunning scenery!

- The walk is led by two people who are trained to look after you. The pace is geared to your own speed, some brisk walking is recommended. Routes vary between 1.5 and 3 miles, generally taking 45 minutes to 90 minutes including rest breaks.
- Walks are open to everyone, but particularly those who do little exercise or are recovering from injury or ill-health. If you have any existing medical conditions you should see your doctor in advance for advice.
- Well behaved dogs on leads may be allowed – check with the leaders first.
- On the first walk you need to arrive in time to complete a brief Outdoor Health Questionnaire for your own safety.
- We try to avoid steep hills, stiles, many steps or very muddy/slippery surfaces, however be prepared for grass, uneven surfaces or puddles after rain.
- Please wear comfortable clothing, sturdy shoes and be prepared for the weather. Layers are useful as you may heat up during the activity.
- Bringing a drink and a snack makes the rest stops more enjoyable.

# Walk Levels

## Level 1

Approx 45 - 60 mins

Up to 1½ miles

### Suitable for:

- Those that do little or no physical activity at present
- People restricted by mobility problems and walk slowly, finding hills a struggle

### Walk detail:

Flat, level, hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs & buggies.

## Level 2

Approx 1 – 1¼ hour 1 – 2 miles

### Suitable for:

- People that do a small amount of physical activity but need to increase their activity level.
- Those with minor mobility problems that walk at a moderate speed and are able to cope with moderate gradients.

### Walk detail:

Footpaths & pavements with some gradients, sometimes steps or uneven terrain.

## Level 3

Approx 1 – 1½ hour 2 – 3+ miles

### Suitable for:

- People that already do a certain amount of physical activity.
- Those who walk with a stronger pace who are able to cope with small hills.

### Walk detail:

Footpaths & pavements, possibly uneven terrain and a few moderate gradients. May include the use of stiles or steps. Can possibly be wet/muddy underfoot depending on weather conditions.

