

<b>Day</b>	<b>Place</b>	<b>Time</b>	<b>Meeting Place</b>	<b>Contact</b>
<b>Monday</b>	<b>Morden Hall Park SM4 4JD MERTON</b>	<b>10.30 - 11.30</b>	<b>Outside Cafe</b>	<b>Sarah Wheatley * SMPCT 020 8251 0511</b>
<b>Tuesday</b>	<b>Cheam Village SUTTON</b>	<b>18.00 – 19.00</b>	<b>Cheam Car Park in Cheam Village</b>	<b>Sarah Wheatley SMPCT 020 8251 0511</b>
<b>Wednesday</b>	<b>Cheam Park SUTTON</b>	<b>12.15 - 12.45</b>	<b>Outside Harrow Pub, High Street</b>	<b>Sarah Wheatley * SMPCT 020 8251 0511</b>
<b>Wednesday (fortnightly)</b>	<b>All parks and open spaces in Merton MERTON</b>	<b>13.30 - 14.30</b>	<b>Depends upon venue</b>	<b>Anna Price * Merton Council 020 8545 3663</b>
<b>Thursday (1<sup>st</sup> Thursday of every month)</b>	<b>Mitcham Common MERTON</b>	<b>10.30 – 12.00</b>	<b>Ecology Centre, Windmill Road, Mitcham.</b>	<b>Janet Morris 020 8648 0255</b>
<b>Thursday</b>	<b>Parks and open spaces in Sutton SUTTON</b>	<b>10.15 – 11.15</b>	<b>Depends upon venue</b>	<b>Tracey Hickey * Sutton Mencap 020 8647 8600</b>
<b>Friday</b>	<b>Sutton town centre SUTTON</b>	<b>12.15 - 12.45</b>	<b>Outside Waterstones, Sutton High Street</b>	<b>Sarah Wheatley * SMPCT 020 8251 0511</b>
<b>Friday</b>	<b>Beddington Park or Waddon Ponds SM6 SUTTON</b>	<b>10.00 – 11.00 (Refreshments in Church last Friday of every month)</b>	<b>Carew Manor, Church Road, off Croydon Road</b>	<b>Melanie Nunzet * 07944 833605 OR 020 8773 5885</b>
<b>Sunday (monthly / every 3 weeks)</b>	<b>Rambles in South London's parks and riverbanks</b>	<b>10.00 – 12.00</b>	<b>Depends upon venue</b>	<b>Rita Hunt 020 8540 1560</b>

\* WHI walk leader

# Sutton and Merton's Healthy Walks Programme



## Unlike most other forms of exercise:

- Walking is free and requires no special equipment or training
- Almost everyone is capable of walking
- You can walk almost anywhere
- Walking is safe and low-impact, with a low risk of injuries and accidents.



## Regular walking will:

- Improve your heart health
- Lower blood pressure and cholesterol levels
- Help maintain a healthy weight
- Build strength in muscles and bones
- Build stamina and give you more energy
- Boost your immune system
- Help you breathe more efficiently
- Aid restful sleep
- Build confidence and mental well-being

## Regular walking can reduce the risk of a number of health problems including:

- Coronary heart disease – regular walking can halve your risk of a heart attack
- Strokes
- Diabetes
- High blood pressure
- Bowel cancer
- Arthritis
- Anxiety and stress



## Walking for Health – the best choice for regular exercise:

If you are looking to set up your own walking group and would like some help, please contact Sarah Wheatley: Physical Activity Advisor at Sutton and Merton PCT.

✉ [sarah.wheatley@smpct.nhs.uk](mailto:sarah.wheatley@smpct.nhs.uk)

☎: 020 8251 0511

OR

Kevan Samwells: SCOLA

✉ [kevansamwells@scola.ac.uk](mailto:kevansamwells@scola.ac.uk)

☎: 020 8773 5885

Please call the contact number before attending a healthy walk.