

# WALKING DIARY



# A WALK IN THE PARK



Use this motivational diary to record the details of your walks.

Once you feel like progressing, try High Peak Borough Council's Walks for Health programme. Contact Mary Jones on 07879 848292 or [Mary.Jones@highpeak.gov.uk](mailto:Mary.Jones@highpeak.gov.uk) <http://bit.ly/15KP9Bq>

Date	Location	Distance	Steps

*Healthy walking or jogging through Whaley Bridge Memorial Park*



For more information go to [www.highpeak.gov.uk](http://www.highpeak.gov.uk) or ring Christine Latham on 01298 28400 ext 2255 or email [Christine.Latham@highpeak.gov.uk](mailto:Christine.Latham@highpeak.gov.uk)



Walking is now seen as the best way to exercise and get fit. It is free, anyone can participate, and you do not need special clothing or footwear.

### Benefits of walking

Just 20-30 minutes of walking a day can:

- Increase your fitness and stamina
- Reduce blood pressure
- Reduce the risk of heart disease and stroke
- Reduce the risk of type 2 diabetes and osteoporosis
- Help reduce stress
- Help you lose or maintain weight

Above all  
it makes you  
*feel great*

Reservoir Road  
entrance



Start at:  
Reservoir Road,  
Wheatsheaf Road or  
Goyt Road

• **Route 1** – This takes in all the lower footpaths (wheelchair friendly), with small inclines, approx  $\frac{3}{4}$  mile.

• **Route 2** – This walk has steep inclines 1750m, approx 1 mile.

Both routes follow well maintained footpaths.



Wheatsheaf  
Road  
entrance



Memorial

A5004

Goyt Road  
entrance



north