



# **New walking group from Heartwood Medical Practice**

Every Friday at 10:00am – meet in Reception

## **Benefits of Walking**

- Reduces risk of a number of illnesses
  - Helps maintain a healthy weight
- Improves Mental Health –makes us feel better
- Reduces blood pressure and cholesterol levels
  - Helps build healthy muscles and bones
  - Reduces depression, stress and anxiety
- Improves self-esteem, mood and sleep quality
  - Low impact, easy and free to get involved.
  - Make new friends, speak to new people.

***CONTACT: Helen Levé, Health & Wellbeing Coach***