

Country Walks for Free

More than 120 Nottinghamshire walks to download and print FREE!

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing!

Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day. Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol
- Reduce body fat
- Enhance mental well being

Walking offers a great way to help kids get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

So, how do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks in the County. So, he decided that if he couldn't find what he was looking for – he had better create it! So www.walkinginnotts.co.uk came into being. www.walkinginnotts.co.uk gives you all the information you need for the best walking in the County:

Details of more than 120 walks to download and print free, details of all the Nottinghamshire walking groups, maps and walk books – plus loads more

information.

So check out the website and get walking!

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