

# WALK PROGRAMME

Meet at 10.15am – walks leave at 10.30am sharp

NOTE TO ALL WALKERS : FOR YOUR OWN SAFETY, PLEASE BE AWARE OF CYCLISTS

**Tuesday 17th January 2012**

**Valley Pond and surrounds**

Meet in Valley Leisure Centre Reception

**Tuesday 31st January 2012**

**Valley Park and surrounds**

Meet in Valley Leisure Centre Reception

**Tuesday 7<sup>th</sup> February 2012**

**Sixmilewater Highway to Health**

Meet in Sixmilewater Leisure Centre car park,  
Ballyclare

**Tuesday 14th February 2012**

**Carrickfergus Waterfront**

Meet at Sainsbury's car park

**Tuesday 21<sup>th</sup> February 2012**

**Castle Grounds walk**

Meet in Antrim Forum car park

**Tuesday 28<sup>th</sup> February 2012**

**Threemilewater Highway to Health**

Meet at playing fields car park, opposite Ballyduff  
on the Doagh Road

**Tuesday 6<sup>th</sup> March 2012**

**Seapark, Holywood**

Meet in Seapark car park, first on left after final set of traffic  
lights past Holywood

**Tuesday 13<sup>th</sup> March 2012**

**Whitehead walk**

Meet in Harbour car park

**Tuesday 20<sup>th</sup> March 2012**

**Victoria Park, Belfast**

Meet in car park, entrance via Holywood  
Road

**Tuesday 27th March 2012**

**Valley Pond and surrounds**

Meet in Valley Leisure Centre Reception

**Everyone is welcome to join the walks – just come to  
the meeting place at the times shown.**

**Walk More - Feel the Difference**

**Regular walking can:**

- Reduce risk of heart disease, obesity, stroke, diabetes, osteoporosis and bowel cancer
- Reduce weight and maintain weight loss
- Reduce blood pressure
- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Provide opportunities to meet people and make new friends

For further information contact:

Lynn Dunwoody, Walk Leader

Email: [l.dunwoody@ulster.ac.uk](mailto:l.dunwoody@ulster.ac.uk)

Walk programmes can be downloaded from:

[www.newtownabbey.gov.uk/pursuits/walking.asp](http://www.newtownabbey.gov.uk/pursuits/walking.asp)

This walking initiative is supported by  
**The Northern Partnership for Physical Activity**  
and

**Newtownabbey Borough Council**

get a life  get active

# Newtownabbey Walk & Talk Group

**Jan – Mar 2012  
Gentle Health Walks**



## GO WALKING!

**Improve your health and make new friends  
by participating in short health walks.**

**All walks are led by trained walk leaders  
and will last approximately 15-30 minutes**

**The walks are free of charge**



for Physical Activity

