

# Walking for Health Training

## Walk Leader Training for Volunteers

**Course Overview:** A one day course to enable volunteers to lead safe and effective Health Walks in a community setting as part of a Health Walk Project. Max 20 and min 8 delegates are needed to run a course.

**Learning Outcomes:** After attending this course, you will be able to:

- Outline the main benefits to be gained from becoming more active
- Recognise moderate intensity physical activity
- Be able to describe a Health Walk and know what makes a suitable route for a Health Walk
- Outline the roles and responsibilities of a Walk Leader
- Have an understanding of risk assessment and recognise potential hazards on a Health Walk.

**Who it's suitable for:** Volunteers (18+) from all walks of life! You just need to be interested in becoming part of your local Walking for Health project as a volunteer. We ask that volunteers have gone on a Health Walk before doing this training. *Health & Social Care professionals are asked to consider booking on to a Promoting Walking Workshop instead of Volunteer Walk Leader Training.*

**Course Materials:** Volunteers who attend will be provided with their Walk Leader materials free of charge including a certificate of attendance, a Walk Leader Manual, a set of Walk Leader cue cards, a Health Walk Agreement card, a Walk Leader armband and a Walk Leader badge.

**Duration and location:** A full day course that can be delivered in your local area. You will go outside for a short Health Walk during the day, so please dress appropriately.

**Price & delivery:** To book your own course, delivered by our freelance trainers for up to 20 people, £600. If you are just looking for 1 or 2 places on a course, please check our training calendar for courses and prices. If you can't find what you're looking for, please contact us.

**Organise this course for your Walk Leaders:** For more information or to book a course please contact [training@pathsforall.org.uk](mailto:training@pathsforall.org.uk) or call Marion Munro on 01259 222336

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“Well explained and organised course. I loved being able to do a short Health Walk as part of the course.”



“We had great fun and we learned a lot!”



“This was a great course – well presented by the trainer with good balance between presentation and interactive discussion. I also enjoyed the walking part.”

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