All training days run from 10.00 am – 4.30 pm

The one day course will qualify you to lead/backup Health Walks. Health Walks are short group walks of up to 90 minutes for people who have done little or no structured walking who wish to improve their health through walking. We have volunteering opportunities within Kirklees for new Leaders and back up helpers.

The training day will cover:

- Physical Activity & Health
- Benefits and barriers to walking
- Planning, delivering and organising a walk (includes route planning & risk assessments)
- Walk Leaders role
- Practical Health Walk

For more information about the course telephone Gill Logan on 01484 221000 or email gill.logan@kirklees.gov.uk