



Thank you for expressing an interest in Community WALX Swindon, launching in Spring 2020. The Community WALX Swindon project is an initiative set up by Live Well Swindon (Swindon Borough Council) team in collaboration with Wiltshire and Swindon Sport (WASP) supported through National Lottery funding. This initiative aims to provide low cost peer-led pole walking in green spaces all over Swindon, encouraging the people of Swindon to be more active and improve their health and wellbeing.

What is Activator Walking?

In short, pole walking. The Community WALX Programme is part of Nordic Walking UK and focuses on the use of strapless poles which have a wide, comfortable grip, and an easy technique (compared to traditional Nordic Walking) that most people will be able to pick up quickly to help improve their confidence when walking.

Why Pole Walking?

There is evidence to suggest that pole walking can help improve overall walking ability, promoting improved posture, stability and balance, and can improve mental health and confidence, which can lead towards more independent physical activity. It also burns 20-40% more calories than standard walking, using more of our muscles (75% or more) by incorporating the upper body whilst reducing pressure on the hips and knees. WALX is an exciting new concept that provides the opportunity for people of all levels to enjoy walking for health, fitness and fun.

Free Taster Sessions:

Thursday 27 th February 1-2pm at the County Ground Athletics Track
Thursday 5 th March 1-2pm at the County Ground Athletics Track
Thursday 12 th March 1-2pm at the County Ground Athletics Track
Thursdays 19 th March 1-2pm at the County Ground Athletics Track

Free Volunteer-Led Community Walx:

Mondays 10-11am at Town Gardens (Starting Monday 2 nd March)

PLEASE NOTE: All clients will be asked to complete a pre-activity questionnaire prior to starting, and may be asked to seek further information from a health care professional before participating in the class.

What will be involved on the day?

Community WALX Swindon is running 'Drop-in' WALX where the friendly WALX Instructors will welcome you and give you a feel for what WALX is all about in a safe and fun session that will last between 45 – 60 minutes.

How do I sign up?

As we are a Community WALX programme, there are different ways to get involved according to whether you have been referred to us (via a specific programme or scheme) or simply feel the time is right for you to get more active. Either way, we do need you to register via the website <https://walxcommunity-swindon.co.uk> which will mean we can also send you newsletters and information. Once you decide to join in any activities, we will ask a few health related questions, but that's just so we can make sure the activity is the right level for you. We also have some simple, convenient ways for you to pay for the activities that carry a charge (only applicable to the Steps to Health referral WALX). If you are unsure of the different types of sessions click on the 'types of walx' tab and it will give you a brief description. Remember once you have entered the world of WALX the possibilities are endless, so take your first step and join today.

What do I need to bring/wear?

For all sessions poles provided however numbers are limited so please ensure you book your space prior to arrival via the website.

Dress appropriately for weather on the day and bring a spare layer if you think you may need it. Ideally clothing should be comfortable and something that would dry quickly. No need to buy designated walking or fitness wear initially but do avoid tight clothing/jeans.

Footwear needs to be comfortable - flexible soled trainers or walking boots are ideal (especially if they are waterproof) but avoid solid heavy walking boots if possible.

A small backpack or waist bag is a good idea and you should always bring a bottle of water even on chilly days.

This leaflet should provide you with everything you need to know before attending your first WALX, however should you have any further questions, please feel free to contact us via the website or follow us on Facebook:



<https://walxcommunity-swindon.co.uk/>



<https://www.facebook.com/Community-WALX-Swindon-107992297413576/>

