



**Would you like to Volunteer to be a Walk It
Walk Leader?**

**Walk It is delighted to announce Walk Leader
Training.**

***28th April 2016 – Melrose Corn Exchange
9am-4pm***

The aim of this one day course is to help you gain the skills and confidence to lead safe, short, local health walks. The course is free of charge. You will receive a Walk Leader certificate and become registered as a Walk Leader for Walk It and join the Scottish Database of certified walk leaders

Walk It is the Scottish Borders and NHS Borders walking project. We aim to help people become more physically active by leading low level and friendly walks.

After the training day you will be able to -

- Outline the main health benefits to be gained by regular walking
 - Organise and lead a walking session
- Outline the role of the leader at the start, during and at the end of a health walk
 - Recognise potential safety hazards
- Advise on practical issues such as intensity, frequency, posture and clothing
- Understand and demonstrate the essential qualities of a good walk leader

If you are interested in attending or require further information

Please call Denise Carmichael on 01835 826702 or e-mail:

denise.carmichael@scotborders.gov.uk

