

STRIDERS

High Wycombe Cardiac Rehab Walking Group

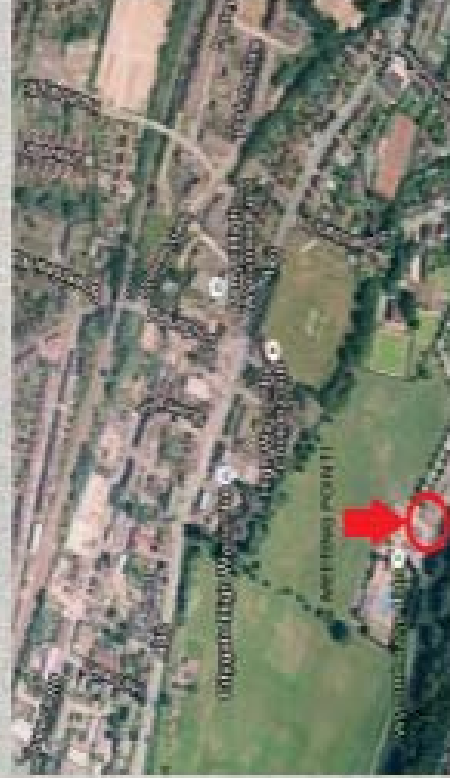
The High Wycombe Cardiac Rehab team invite you to **STRIDE** your way to success and a healthier more active you.

The walking group is part of your cardiac rehab program in addition to your home program or exercise class to help you get to your 10,000 steps a day.

- The walk takes you around the beautiful Rye at High Wycombe
- We meet at the Rye Lido car park at 2pm every Friday.
- The walk will take approx. 30 minutes is about 3,000 steps and just over a mile.
- The walk is led by an exercise professional and/or cardiac nurse



- Please wear comfortable clothing and suitable walking shoes. Please bring extra layers with you in case the weather gets cold. The car park is a Pay and Display (50p for 2hours)



- **Walking can help:**
 - Build up your aerobic fitness levels
 - Improve mood
 - Increase bone and muscle strength
 - Improve balance and coordination