

Interested?

If you are interested in attending this training course, please contact:



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 01 14 (local rate),
www.publichealth.hscni.net

Find us on:



Walk Leader training course

What is Walking for Health?

Walking for Health aims to encourage inactive people to increase their level of physical activity by participating in local-led health walks. Walk Leaders are key to the success of Walking for Health in Northern Ireland and add to the range of preventative services that the health service provides.

Walk Leaders have a unique and valuable contribution to make to health improvement – which is different from, but complementary to, that of Health and Social Care staff. There are currently around 1,500 active Walk Leaders supporting 250 Walking for Health groups throughout Northern Ireland.



Walk Leaders play a significant role in getting more people more active, more often. By leading health walks in local communities, Walk Leaders are vital to the success of many walking programmes.

What does the training involve?

This is a one-day training course for people who wish to learn how to lead a health walk.

By the end of the training day, you will be able to:

- set up a local walking programme;
- lead safe and enjoyable walks for people of all ages and abilities;
- promote the health benefits of walking;
- motivate people to start and continue walking.