



# WALKING GROUPS

10,000 Steps Northland are offering two new walking groups in Whangarei. If you want to get or stay active, need some motivation or want to train for an event, join us!

## GROUP DETAILS

**Monday's group** - Events training/fitness

**When:** Monday's. Starting 7 Feb onwards

**Meet:** Outside the Clapham Clock Museum (carpark side), Town Basin

**Leaving:** @ 5.00pm

**Wednesday's group** - Beginners/just getting active

**When:** Wednesday's. Starting 2 Feb onwards

**Meet:** Cross St (behind New World) outside Whangarei Primary School

**Leaving:** @ 5.00pm

If you are interested in doing morning walks, please contact us so we can gauge interest.

## GROUPS

### Events training/fitness – Monday's group

A group for people who want to start training for walking events or just for general fitness. The group will walk for 45min–1hr. A no pressure group. The group leader will help you set goals and increase your walk distances. A great way to find buddies to train with too!

### Beginners/just getting active - Wednesday's group

A group for people just getting into walking or back into activity. Group walks will be no longer than 30 minutes with options for shorter loops depending on your ability. This is a no pressure group, you walk to your own ability. The group leader can also help you set goals for yourself to increase your walking distances & times.

### A Message from Walking Group Leader—Diane Barrett

Hi, I am Diane Barrett.

This year I start the year fresh and happy to offer walks 20-30mins on a Wednesday and a 45mins + on a Monday. Join me on one of these no pressure walks, our pace is relaxed and comfortable. suitable for beginners.

A bit of laughter and some company while walking takes the stress out of being active.

My philosophy is we start small, slow and enjoy what we are doing. It is not about how far we are going, however more that we are going. Walking is the base of being active so with help and guidance we will have fun and achieve the first goal of starting.

Come join us!

**For more information contact the 10,000 Steps Northland Team**

**Ph - 0800 228483 / (09) 437 9631 or**

**Email - 10000steps@sportnorth.co.nz**