



# WALKING GROUPS

10,000 Steps Northland are trialing three 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

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

**Leaving:** @ 5.30pm

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

**When:** Wednesday's

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

**Leaving:** @ 5.00pm

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

**When:** Friday's

**Meet:** Kensington Fitness foyer

**Leaving:** @ 6.30am

## GROUPS

### Events training/fitness – Monday's & Friday's

A group for people who want to start training for walking events or just for general fitness. The group will only do walks between 4-6km. 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.

I have been actively involved in running most of my life. After a long break, I am progressing into being active once again.

I have a love of food so the need to get back into an activity is here. 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  
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