



Stride for Health

Are you looking for a simple and effective way to improve your health and well-being?



Who

Welcome to our walking programme in scenic Wicklow! Tailored for those recovering from illness, injury or seeking enhanced health. This pilot initiative spans 3 transformative walks. Designed for individuals comfortable with a half-hour walk in their local area and who wish to improve their health and fitness. Join us on a journey to physical and mental well being while enjoying the beautiful low level trails of county Wicklow.



What

Find Your Stride — Pilot Walk Series - Walk. Breathe. Connect. We are inviting a small group of people currently going through a cancer journey to take part in a free 3-week pilot series of gentle outdoor walks. These walks are about much more than exercise. They are small outdoor experiences in beautiful places, designed to help you reconnect with nature, clear your mind, and meet others who understand what you may be going through. We'll also stop for little moments like a hot drink, a snack, or a chance to take in the view. No experience is needed — just a willingness to step outside.



Where

The 3 walks will take place on scenic Wicklow Trails, in the garden of Ireland. Walks will take place on marked trails in locations such as Belmont Roundwood, Ashford, and Kilmacanogue (*locations given upon signing up).

Wear a supportive pair of runners or walking boots and comfortable walking clothes. Bring water, a waterproof jacket, spare warm top, any medication you may need, small snack and pop them in a small rucksack.



Why us

Jenny & Louise are two passionate and knowledgeable guides with over 25 years of experience guiding on trails and hills in Ireland and abroad. Their combined wealth of expertise and experience working as a Physiotherapist, Outdoor Educator and background in Sport Science has given them a comprehensive understanding of the physical and mental benefits of walking. Under their guidance and the reassurance of health experts, individuals of all ages and fitness levels are encouraged to embrace the simple yet powerful act of walking as a means of improving your overall health.



**3 WALKS
IN
North/East
WICKLOW**

Sign up today at strideireland@gmail.com

Is this programme for me?

<p>Pre/ Post Surgery?</p> <p>Are you pre or post Orthopaedic, Respiratory, Caridac or General surgery?</p> <p>Are you aiming to regain your strength and fitness but uncertain where to start or what exercise limits are safe? Look no futher....</p>	<p>Chronic Disease?</p> <p>Have you had a diagnosis or are currently undergoing treatment? For example, Heart Disease, Diabetes, Cancer, Arthritis, COPD.</p> <p>Would you like to improve your health and well being? Let Stride guide you back to health... one step at a time.</p>	<p>Recent Health Scare?</p> <p>Are you managing High Blood Pressure, Type 2 Diabetes, Weight Gain, Cardiovasular Disease, or at Risk of Stroke?</p> <p>Are you seeking to improve your health and longevity? Walking with Stride will improve heart health, stamina and weight control. We've got the programme for you.</p>	<p>Mental Health?</p> <p>Are you feeling low, anxious, isolated and full of despair?</p> <p>Are you looking for a habit forming tool, to help you rediscover your sense of self, purpose and hopefulness? Gain perspective and clarity while walking in the outdoors with Stride.</p>	<p>Hormone Health?</p> <p>Are your hormones changing your mental, physical and emotional health?</p> <p>Take back control with the help of Stride. Research shows us that exercise outdoors is effective in restoring a sence of balance and well being.</p>
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Green Prescription....read what the research has to say

<https://www.weforum.org/agenda/2022/02/green-prescriptions-health-wellbeing/>

<https://www.hse.ie/eng/services/publications/corporate/evaluationgreenprescription.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3064872/>

https://assets.publishing.service.gov.uk/media/5a82d70f40f0b62305b94a00/Health_benefits_of_10_mins_brisk_walking_evidence_summary.pdf

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