



OSHWAL ASSOCIATION OF THE UK
NORTH WEST AREA
Walking Club



Let's Walk for Health

Day: Every Sunday (Starting 5th June 2016)

Time: 9.00 – 10.00am (please arrive by 8.45am)

Venue: Byron Park: Meeting point Skating park by parking lot of Harrow Leisure Centre, Christchurch Ave, Harrow, HA3 5BD

Please note we will do walks around London and Greater London, you will be informed by email if change of venue and time.

Benefits of Walking

Reduce Stress ■ Strengthen the heart ■ Strengthen muscles ■ Improves circulation
Reduce Blood pressure ■ Reduce Blood sugar levels ■ Lose weight ■ Tone up
Strengthen Back ■ Improve Posture

Walk for Health



Built it in your daily routine
Walk at least 30 minutes each day

Please remember to:

Do your warm up and cool down stretches ■ Wear comfortable clothing

Wear comfortable walking shoes ■ Carry ample water

Protect your head and skin from the sun ■ If needed carry a walking stick

To register please email: letswalk@oauk-nw.org

For more information please call:

Hina: 07732 440 721 Harshidaben: 07877 265 180

Mita: 07944 305 065 Rakhee: 07957 322 204

Organisers reserve the right to make changes to the advertised programme

Oshwal Association of the U.K. is a Registered Charity No. 267037