

WALKING FOR  
HEALTH



**Public Health Agency**  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Find us on:



# Walk Leader cue card

## Individual welcome

1. Hand out health walk questionnaire to new walkers.
2. If 'yes' answers returned, advise walker to consult with GP or health professional (may walk today at own risk).
3. Discuss any individual needs, eg disability.
4. Tell walkers they must inform leaders of any changes in their medical status and fill out new health walk questionnaires if necessary.
5. Share relevant information with other leaders.
6. Complete the health walk register.

## Group welcome

7. Introduce self and back leader.
8. Explain the roles of each leader.
9. Route information – how long, how far?
10. Explain any hazards, from risk assessment or particular to the day/group, eg adverse weather.
11. Reminder of pace – “It’s not a competition, walk at your own brisk pace”; “You should still be able to talk.”

12. Don’t leave the group without informing the leaders.
13. If feeling unwell, wait for back leader.
14. Start off slowly and build up to a faster pace.
15. Head count (to ensure all those registered start the walk).

## After 5 minutes

16. Pick up pace – “Walk as if you are late for an appointment.”
17. Increase number and speed of steps rather than stride.

## In last 5 minutes

18. Start slowing down – “Move back down through the gears.”

## End of walk

19. Head count (to check all walkers have returned).
20. Encourage some social activity.
21. Tell walkers about other walks and encourage them to walk “on most days”.
22. Thank walkers for coming.