



**GO** Barrhead!

# Go Feet First

**2x £50  
vouchers  
to be won!**  
*(details inside)*

Please take 2 minutes to fill out the short Go Feet First Survey enclosed.

Send it back to us by the **19th of October** using the freepost envelope.

The first 10 envelopes back will automatically be sent a **£10 outdoor clothing voucher**.

**New!**

**Go Feet First Route Plotter**

Check it out here:

[www.gobarrhead.co.uk/walkplotter.asp](http://www.gobarrhead.co.uk/walkplotter.asp)

With our non-stop lifestyles, finding time to attend fitness classes or complete a workout regime can be challenging. But keeping fit and healthy does not have to be time consuming, costly or stressful. Simply walking more as part of your day to day routine is proven to:

- Make you feel better
- Help to manage your weight
- Reduce stress and help you sleep better
- Give you more energy
- Reduce blood pressure
- Keep your joints and muscles strong

[www.gobarrhead.co.uk](http://www.gobarrhead.co.uk)

**Think about leaving the car in the drive and go Feet First whenever possible! You can start walking anytime and anywhere. Cut back on short car trips and try walking to your local shops, to school, to work or to the bus stop.**

### Find your feet with the Go Feet First Route Plotter

Now on the Go Barrhead website you can plan your walking route, save it and review it.

The route plotter will tell you:

- How many miles you will walk;
- How long it will take; and
- The impact your walking is having on your health by calculating the calories you are burning.

Have a look at other people's recommended routes or log in and create your own here:

[www.gobarrhead.co.uk/walkplotter.asp](http://www.gobarrhead.co.uk/walkplotter.asp)

### Did you know?

Walking from Grahamston Road to the Main Street and back burns 78 calories, the equivalent of two Yorkshire puddings.

### With walking there is:

No sweaty gyms just fresh air and scenery!

No equipment or expense to get going - just you and your own two feet!



### How much walking do I need to do?

30 minutes brisk walking a day is all it takes to start to feel the difference.



## Go Bananas Competition

We want you to Go Bananas with your camera when you are out and about walking.

Take a photo of you / your group but... don't forget to include a BANANA! Post your pics up on the Go Barrhead Facebook page ([www.facebook.com/gobarrhead](http://www.facebook.com/gobarrhead)) telling us where you have been.

We have two £50 vouchers for an outdoor shop to give away to the people who upload the most inspiring and slightly bananas pictures to our Facebook page!

To take part in this completion you must be 18 or over.

If you're not online, why not write to us, sending a short paragraph about your walking experiences in Barrhead, and we'll add your comments to the Facebook site. Alternatively email your comments and/or picture to us. See our contact details overleaf.

### Local Walking Groups

Walking in a group is a great way to stay motivated, make friends and discover new places. Your local walking groups include:

#### Barrhead Walking Group

Every Tue, 10am

Starting from Barrhead Sports Centre. "Away day" walks are also organised once a month to a variety of locations from Callander to Arrochar.

**e:** david.fraser@eastrenfrewshire.gov.uk

#### First Steps Go Walking Group

(low impact short walks up to 30 mins)

Every Thu, 10:30am

Starting from the ARC,

**t:** 0141 577 3989

#### Dams to Darnley Country Park Health Walks

Every Wed, 10am

**t:** 0141 577 4053/4054

**e:** d2d@eastrenfrewshire.gov.uk

#### The Rouken Glen Walking Group

Every Wed, 10:15am

**e:** david.fraser@eastrenfrewshire.gov.uk

#### Whitelee Stroller Striders

(targeted at parents with buggies)

Every Tue, 10am

**t:** 0141 577 3662/3169

**e:** whitelee-crs@eastrenfrewshire.gov.uk

#### Eastwood Ramblers

Most Saturdays at Clarkston Hall car park.

Programme of scheduled outings:

[www.eastwood-ramblers.org.uk](http://www.eastwood-ramblers.org.uk)

### Did you know?

Walking from Main Street to the Balgray Reservoir at Dams to Darnley burns 114 calories, the equivalent of a Kit Kat or Cadbury's Fudge.

### Walking Events In The Next Few Months

#### Dams To Darnley

Zombie Walk

Sunday 30th October, 5-7pm

#### Tracks and Trails

Sunday 13th November, 10am-12.30pm

#### Whitelee Windfarm

Fabulous Fungi Fun

Thursday 6th of October, 2- 3.30pm

#### Spooktastic (Family Event)

Friday 21st October, 6-8.30pm

#### Frolics With Feathers

(Not suitable for young children)

Sat 3rd - December, 10-11.30am

**t:** 0141 577 3008 for more information

## ? How to get involved



Join us on Go Barrhead Facebook and Twitter



For more information, have a look at [www.gobarrhead.co.uk](http://www.gobarrhead.co.uk)

Alternatively write to us at:

#### Go Feet First

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