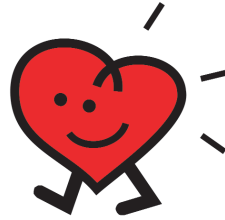


Health Questionnaire

Please note: You need to fill this form in before you can come on a walk!

If you have decided to increase the amount of physical activity in your life, start by answering these questions.

For most people physical activity should not pose any problem or hazard. Filling in this form will help us to identify the small number of people who should seek medical advice before walking.



Walking
for Health

The information will only be used for the walking for health scheme records and shared only with walk leaders.

1 Has your doctor ever said that you have a heart condition?

Yes No

2 Do you feel pain in your chest when you do physical activity?

Yes No

3 In the past month have you had a pain in your chest when you were NOT doing physical activity?

Yes No

4 Do you lose your balance because of dizziness? Or do you ever lose consciousness?

Yes No

5 Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes No

6 Do you have diabetes?

Yes No

7 Do you have asthma?

Yes No

Please advise the walk leader of any other conditions you feel they might need to know about, or may affect your walking.

I understand that if I have answered yes to one or more of the above questions that I should seek medical advice before undertaking a walking programme.

I agree to seek medical advice if I develop any of the above conditions or symptoms whilst taking part in the walking scheme.

I understand that this information will be shared with other walk leaders.

Signed:

Please Print:

Date:

Spelthorne walking for Health Scheme



Short walks
on your
doorstep
led by trained
volunteers

Make your
own way to
better health!



Walking
for Health

Walking is the perfect activity for health!

Walking can

- Make you feel good and give you more energy
- Help reduce stress and help you sleep better
- Reduce blood pressure
- Help to manage your weight
- Keep your heart strong

Why walk?

- It's a chance to meet new people and make friends
- Almost everyone can do it and it's free and easy
- You can do it anywhere and any time
- There's very little risk of injury

What to Wear

Wear comfortable shoes that provide good support (you may have to walk in some muddy areas).

Wear loose fitting clothing, as this will allow you to move freely

What to Bring

- A waterproof or an umbrella
- A bottle of water
- Sun Cream

Joining Form

Please fill in both sides of this form and sign it (we can't let you come on the walk if you have not completed and signed the health questionnaire).

Please bring this form along to your first walk.

The information will be kept for health walk purposes only.

Title Mr Mrs Miss

Name

Address
Post Code

Telephone

E-mail

D.O.B.

Details of relative/friend in case of emergency

Address
Post Code

Telephone

How did you hear about the scheme?

If you were recommended to walk by a health professional, please provide details.

When would you like to walk?

We will try our best to arrange our walks for the most popular times. Please indicate the time you would prefer.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Do you have your own transport Yes No

PLEASE NOTE

The walks have been designed for adults only and are therefore not suitable for children. For health and safety reasons we discourage walkers from bringing dogs.

For further information on the walks, please contact Lisa Stonehouse (Active Lifestyle Officer) on 01784 446431.

