

Who are AHP Suffolk?

We are a group of physiotherapists who specialise in musculoskeletal conditions.

We provide physiotherapy work on behalf of the NHS so all our services are free.

With over 20 clinics across Suffolk we can reach as many people as we can as close as possible to their homes.

We are a community interest company so any profits we make go straight back into the community. This helps us to open more clinics where they are needed as well as ensuring staff are trained to the highest level.

Patients can **self-refer** to us and don't have to visit their GP first. To self-refer visit our website at www.ahpsuffolk.co.uk or call us on 0330 433 966

Find us on social media



*'Leading the way towards
healthier, happier lives'*

Allied
Health Professionals
Suffolk

Wellbeing Walks

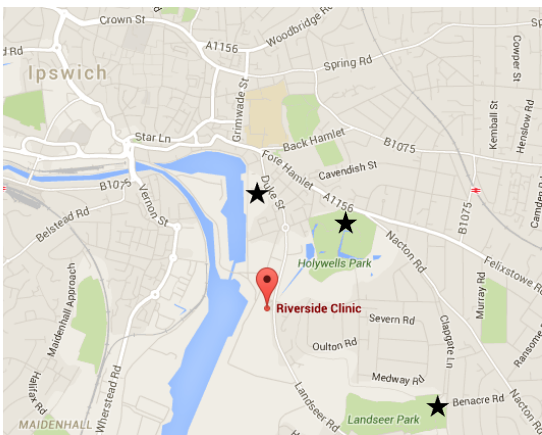


Why Walk?

Walking is great exercise for everyone. Regardless of your level of fitness, regular walks can really make a difference to your body and mind.

The benefits of walking include:

- Form of cardiovascular activity
- Build up your fitness
- Make new friends
- Get some fresh air
- Improve your mental and physical wellbeing
- Increase your motivation to exercise
- It's free



Where, when and who will be there?

Everyone is welcome on our walks, regardless of ability – whether you're overcoming injury, trying to get fit or just want to lose a few pounds.

Where and when? 12.30pm every Wednesday at the Riverside Clinic on Landseer Road, Ipswich. The routes vary each week and include Holywell's Park, Landseer Park, Piper's Vale and the Water-front.

How far? The walks usually take about 50 minutes and are led by physiotherapists Frankie, Sophie or Emily.

We set the pace to the group, depending on who is attending, so no-one gets left behind and there is the opportunity for a rest along the way.

Do I need to book?

No, just come whenever suits you and feel free to bring along a friend (human or canine!) Anyone under 16, should bring an accompanying adult with them

What should I wear?

It's important to be comfortable, so wear loose fitting clothing and sensible shoes that you don't mind getting a little muddy in the winter.

Depending on the weather either bring a waterproof or sun cream.

Don't forget:

If you use an inhaler bring that with you, along with any other relevant medication you may require.

