

Burton Latimer *sounding board*

Burton Latimer Town Councillors Newsletter

December 2009



Editors Comment: Welcome to the last edition of this newsletter for 2009. It is incredible how quickly the time goes. To me the worse part of this time of year is the dark evenings which seem to start from 3.30pm on some days! The 21st of December is the shortest day thank goodness! The Burton Latimer Town Councillors would like to wish you a very happy Xmas and our best wishes for 2010.

Walking in Northamptonshire

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke
- Reduce high blood pressure
- Reduce body fat
- Enhance mental well being

Walking offers a great way to help kids get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an

exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

So how do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks in the county so decided that if he couldn't find what he was looking for he had better create it! So www.walkinginnorthants.co.uk came into being. This website gives you details of more than 120 walks to download and print free of charge. It also gives you details of all the Northamptonshire walking groups, maps - plus loads more information.

