



[cars](#) [homes](#) [jobs](#)

Search for a job...

Job title

Location

Search



child! RESCUE ALERT
Search our Archives
 Your guide on what to do in the School Holidays

> **Home**

Click here for the This is Hampshire home page

> **News & Sport**

More news and sport stories from across Hampshire

> **Wheels**

Buying, selling, motoring news and road tests.

> **Weather**

Local, national and world forecasts

> **Communicate**

Member of a club or society? Get your own free website

> **CV Match**

Match your CV with jobs in the region

> **Marketplace**

Jobs, cars, homes, online shopping and more

> **Tourism**

Hampshire tourism guides and information

> **Dating**

Find someone for you with Two's Company

> **Searchline**

Use the power of the web to trace lost friends and family

> **Virtual Tours**

Spectacular panoramic views from around Hampshire

> **Archive**

Search every story ever published on this website

> **Family History**

Let us help you trace your family tree

> **Hampshire Food**

Hampshire Cooking and recipes

> **Hampshire Business News**

Up to date Business news from around Hampshire.

> **Health**

Hampshire health news and features

> **Business South**

Business South magazine online

First published on Tuesday 12 December 2000:

Health walks at the double

by *Duncan Eaton*

EASTLEIGH Health Walks, a keep-fit initiative launched a few months ago, has already been hailed as a runaway success.

The scheme to encourage people to pull on their walking boots is aimed at bridging the gap between a doctor's advice to take more exercise and actually getting local people out and walking and enjoying themselves.

So far, the pilot scheme has been concentrated on the North East-leigh Primary Care Group area.

Walks, led by a trained leader, currently set off from Park Surgery in Chandler's Ford, St Andrew's Surgery in Eastleigh and Fleming Park Leisure Centre, in Eastleigh itself.

But health walks co-ordinator Verna Kempthorne says the project has been such a huge success that there are plans to double the number of walks and to go further afield.

She said: "The take-up has been wonderful and people who started walking a mile are now doing two miles.

"We have ten volunteer walk leaders trained by the British Heart Foundation."

"There are also plans to introduce weekend walks.

"Walking is a great form of exercise for everyone. It is healthy, fun and free.

But for many patients, particularly those with heart conditions, the prescription to walk is an essential part of the treatment.

At last September's health walks' launch Dr Eileen Gorrod, a GP from the St Andrew's surgery, said: "Many patients are put off going for a walk because they feel self-conscious or vulnerable walking alone, especially if they are not in the best of health.

"If you have children to get to school or a dog to exercise, then walking is a natural part of life.

"But for lots of people at different stages in their lives this is not the case," she added.

The North Eastleigh Primary Care Group area includes Chandler's Ford, Eastleigh town, Bishop-stoke, Fair Oak and Horton Heath.

Recent research has revealed that 34 per cent of the population in this area takes no regular exercise and 41 per cent are overweight.

The walks are completely free and no equipment is needed other than a comfortable pair of shoes.

Ring Verna Kempthorne on 023 8068 4800 for more information.

Search the archive:

Enter your search word(s):

Restrict to 12 December 2000

> Contact

Contact details for this site and our local newspapers

> Southern Daily Echo

Southampton and the surrounding regions

> Hampshire Chronicle

Winchester news, sport and features

> Basingstoke Gazette

Basingstoke news, sport and features

> Andover Advertiser

Andover news, sport and features

> Romsey Advertiser

Romsey news, sport and features



- [^ Top of page ^](#)
- [Bookmark](#)
- [Contact us](#)
- [Homepage](#)
- [Map](#)



Support for popular rich media formats

The reach to connect with
120 million unique users.



[| Southern Daily Echo](#) | [Hampshire Chronicle](#) | [Basingstoke Gazette](#) | [Andover Advertiser](#) | [Romsey Advertiser](#) | [This is Hampshire](#) |