

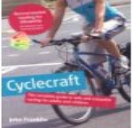

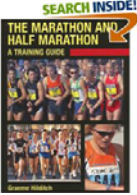



## Read Yourself Well: **Being Active**

If you would like help finding any of these books at your library, please tick the appropriate box and give to library staff. They will be happy to help you.

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|---|---|--|---|--|--|
| <br>Dr W Bird & V Reynolds | <p><u>WALKING FOR HEALTH</u></p> <p>Easy-to-read guide on walking and its health benefits. Advice on mapping of walking programmes for all levels of walkers.</p>   | <p>Please Tick</p> <p><input type="checkbox"/></p> | <br>Rory McMullan         | <p><u>CYCLING TO WORK</u></p> <p>Beginners guide that gives you the information you need to get to work on your bike. Get fit, save money and be green.</p>                                    | <p>Please Tick</p> <p><input type="checkbox"/></p> |
| <br>John Franklin        | <p><u>CYCLECRAFT</u></p> <p>Targeted at both adults and children, with special advice for parents on cycling. (National Cycle Training Standard).</p> <p><i>“Well written and organised, easy to pick up again as my cycling develops”.</i></p> | <p>Please Tick</p> <p><input type="checkbox"/></p> | <br>Ramblers Association | <p><u>TAKE 30</u></p> <p>A practical guide to walking to improve health and well being with the help of Britain's biggest walking charity.</p>   | <p>Please Tick</p> <p><input type="checkbox"/></p> |
| <br>Hilditch, G          | <p><u>THE MARATHON AND HALF MARATHON</u></p> <p>Explores the life-changing experiences and health benefits from marathon training.</p>  | <p>Please Tick</p> <p><input type="checkbox"/></p> | <br>Murphy, S           | <p><u>GET FIT WALKING</u></p> <p>Walking for pleasure or simply to get fit and lose weight, walking offers you a great way to get around and improve your levels of health and well-being.</p> | <p>Please Tick</p> <p><input type="checkbox"/></p> |

### You can find your nearest library by using the following contacts:

Website: [www.northamptonshire.gov.uk/leisure/libraries/public/librs.htm](http://www.northamptonshire.gov.uk/leisure/libraries/public/librs.htm)

Telephone: 01604 462049

Email: [enquiredirect@northamptonshire.gov.uk](mailto:enquiredirect@northamptonshire.gov.uk)

If you would like to meet with one of the PCT's new Health Trainer's to discuss making healthy lifestyle changes call them **Free on 0800 085 1988.**