



Tips & Advice on How to Put the 'Fun' in Fun Walk!

What an exciting and adventurous journey you are embarking on! Walking is something to be enjoyed, and what better way to enjoy it than with friends and family and for a wonderful cause.

Below are a few tips to prepare for the Children of Jannah Fun Walk.

Pre-Walk

- In the weeks leading up to Saturday 15th October, 2011, keep yourself active so your body's ready for the walk ahead. Here are some easy and fun ways you could get your body used to slow but steady exercise:
 - Walk all or at least part of the way to work/school every day
 - Go to your local park and enjoy the scenery as you give your legs a stretch
 - Take the stairs instead of the lift/escalators when you're out and about

On the Day

- Wear comfortable shoes. You'll be walking 5 miles and you don't want your shoes rubbing your feet the wrong way. Walking on blisters is much harder than walking on no blisters. We suggest trainers or walking boots which you've already worn and know fit comfortably.
- Bring extra layers and a coat. English weather is never predictable.
- Ensure you bring your registration payment to complete your registration
- Suggested items to carry:
 - Rucksack or small bag: Nothing too big or heavy and no unnecessary load.
 - Something to drink: Water, Energy drinks, coffee/tea in a flask if the weather is cold.
 - Packed lunch: Something small to keep you going for a couple of hours.
 - Snacks: Keep your blood sugar up with healthy snacks... or unhealthy ones (it is supposed to be fun after all!)
 - Medication you might need: E.g. inhalers
 - Map: Which will be provided on the day.
- Make sure you arrive by **1:45pm** in order to register before we set off. If you're travelling a distance and need to pray Dhuhr before we start we will provide a means to do this Insha Allah (God willing).

The walk begins at Francis House, Parrswood, and finishes at Royal Manchester Children's Hospital and is designed to last approximately 2 hours with a few stops on the way, but we know what happens to time when you're having fun!

And with that... we pray you have an enjoyable and successful walk!