



## Brisk walking in led groups can help you:

Feel better, look better

Improve & maintain your health

Control or lose weight

Get out & meet people

Enjoy the fresh air

Relax & have some time for yourself



## Steps2Health

We aim to provide safe sociable regular walks with trained leaders from the local area

No previous experience required and suitable for all levels of fitness

Walks last 30 - 60 minutes

*...and it's all free*



# Steps2Health

