

## Health Walks for All

Health Walks are free, friendly walks around an hour long led by volunteers taking in a local park or greenspace. Everyone is welcome no matter their age or ability. We have babies in prams right up to people in their 90's! They are a great way to get a bit more active, explore your local area in the company of others and meet new people. With over 50 health walks a week happening across the city there will be one near you!

### **Why walk? Regular physical activity has been proven to:**

- Help keep your brain active
- Helps you relax and reduces stress levels
- Help you sleep
- Help maintain a healthy weight
- Reduce risk of heart disease, stroke, type 2 diabetes, cancer and depression

### **Health Walk participants tell us they feel:**

- Happier and enjoy meeting people
- Less tired and have more energy
- Healthier and fitter
- More confident to go out and walk on their own or with family and friends
- More positive about things

Gurdip joined the Bellahouston Health Walk in November 2021. Six months later she is still walking with the group every Wednesday and loving it!

'My husband shielded during lockdown so I was very careful staying inside much of the time. When I started the walk it was hard and I needed to sit down and rest during the walk. I am so much fitter now and have built the stamina to walk for the whole hour without a break. I feel so much healthier and really enjoy the walk.'

The walks are a great opportunity for people like me to leave the house and enjoy time in nature. I like walking in the park and getting fresh air. It has been lovely to make new friends and the volunteers are very helpful and friendly too.

I feel motivated to do more and have started Vitality classes again now that I feel fitter.'



For more information and to find out where your local health walk is please visit <https://www.glasgowlife.org.uk/communities/good-move/walking> , email [walking@glasgowlife.org.uk](mailto:walking@glasgowlife.org.uk) or call 0141 287 0963

We are also currently recruiting new volunteer walk leaders to support some of our health walks. So, if you like walking, have a wee bit of free time and would like to help others please visit <https://volunteer.glasgowlife.org.uk/volunteers/opportunity/10189372>