


Spelthorne Walking for Health Scheme

Short walks led by trained volunteers in various locations across the Borough.

The Spelthorne Walking for Health scheme aims to improve the health and fitness of local people, in particular those who are not physically active and want to become more active (some of our walks are for complete beginners). They are 1-5 miles long and take place 3 times a week. Walks are held in the mornings during the week as well as in the evenings during the Summer. They are also a great opportunity to meet new people – if there is a café or pub nearby, leaders and walkers often stop for a drink and a chat where everyone is welcome.

Please note! All walkers must complete a short health questionnaire before taking part. Please wear comfortable, supportive shoes. The walks have been designed for adults only and are not suitable for children or dogs.

For information and a programme, please visit **www.spelthorne.gov.uk/walkingforhealth** or email **leisure@spelthorne.gov.uk** or call **01784 446433.**

Walking for Health

SPELTHORNE BOROUGH COUNCIL