

Name of Group: Walk for Health Bristol

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Walk for Health is designed to encourage people of all ages to walk further, more briskly and more often, to gain health benefits. It is a national initiative run by The Ramblers and Macmillan Cancer Support. The initiative supports 100's of schemes across England including the Walk for Health Bristol partnership which consists of over 30 walking groups.

Health walks come in all shapes and sizes but are all

- **Free, regular and short (around 1 hour, less than 90 minutes)**
- **Accessible (particularly aimed at those that are less active)**
- **Have trained leaders**

To find out more about walks in your area contact Nicola Ferris on 0117 3521283 or visit www.bristol.gov.uk/healthwalks