ramblers
at the heart of walking

walking
for health

Free 1-hour Guildford Health Walks every weekday morning

Fun and friendly, perfect to help you get active and meet new people. Come along to the walks 15 minutes early to register,
or register online.
Walking is good for you. Your heart and lungs work better; lowers blood pressure; helps keep weight down; helps keep joints, muscles and bones strong; increases 'good' cholestrol and you'll feel happier.

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www.walkingforhealth.org.uk

Facebook.com/GuildfordWalkGroups