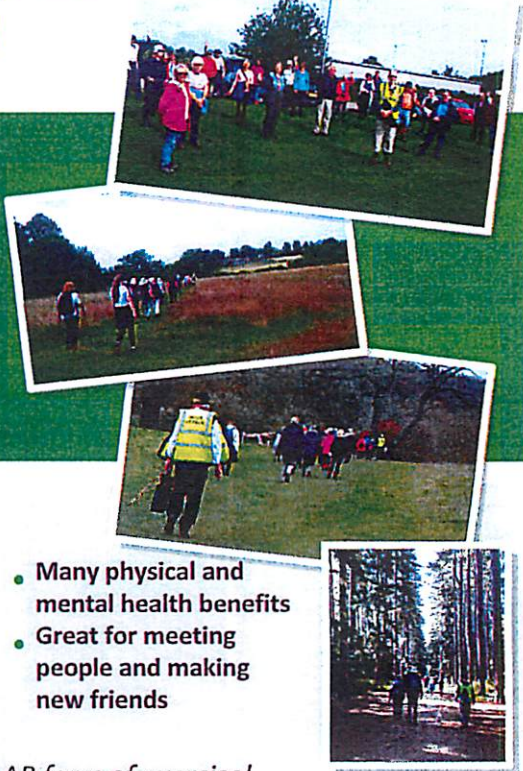




## Your better way to health... one step at a time!

Simply Walk currently offers more than 60 walks a week, with more than 100 people walking with us each day, all led by an army of trained volunteers.

Operating since 2002, Simply Walk is hosted by Buckinghamshire Council.



### Why Choose Walking?

- No special equipment needed
- It's free
- Low impact, so little chance of injury
- Pace can be varied...increased to suit most levels of health and fitness
- Many physical and mental health benefits
- Great for meeting people and making new friends

*That's why walking is the most POPULAR form of exercise!*

**Please note:** Everyone is welcome, but we are unable to provide 1-1 support. Therefore anyone needing additional assistance of any kind MUST bring someone to walk with them.

### Want to get involved?

Please visit our website where you will find full details and full programme of walks.

[buckinghamshire.gov.uk/simply-walk](http://buckinghamshire.gov.uk/simply-walk)

Register online - Follow the link "Book an Event" to the booking system and book on the walk or walks you wish to attend.

For those without internet access, please contact the Simply Walk team direct for assistance

Fiona Broadbent - Simply Walk Officer [simplywalks@buckinghamshire.gov.uk](mailto:simplywalks@buckinghamshire.gov.uk)

Please visit our website for full information and list of walks: [buckinghamshire.gov.uk/simply-walk](http://buckinghamshire.gov.uk/simply-walk)



**Buckinghamshire**

*We look forward to*