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Walking for Health Bristol

Weekly Wednesday Walk

Meet at the Water Cascade Steps on the city centre any **Wednesday at 12.30pm.**

- walks last 30 minutes
- different route each week
- caters for all abilities
- make new friends

Free - just turn up and walk

Health benefits of walking

- ✓ Reduces blood pressure
- ✓ Reduces the risk of heart disease
- ✓ Improves muscle strength
- ✓ Helps to manage your weight
- ✓ But above all - walking is fun

For more information about this or other walks in the Bristol area please contact Walking for Health Bristol on **0117 352 1283 / 07810 506 738** or email **healthwalks@bristol.gov.uk** or visit **www.bristol.gov.uk/healthwalks**