

Health Walks

South Somerset District Council supports 30 Health Walks in South Somerset which are set up to encourage people to take up walking and to support those who come to us following surgery or illness and/or otherwise may not want to walk alone.

Do you have a New Year's Resolution to get more active? Walking is a great way to get fit, explore what's on your doorstep and make new friends whilst enjoying the beautiful South Somerset countryside.

Our Health Walks are led by trained Health Walk Leaders and are a great way of getting exercise and meeting people. From beginners to challenging walks there are walks suitable for everyone.

So why not take a health walk and enjoy the countryside? You could make new friends, relieve stress and benefit your health. Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's an underrated form of exercise but walking is ideal for people of all ages and fitness levels who want to be more active. Please click on the link to see our South Somerset Health Walks below:

<https://www.southsomerset.gov.uk/media/2861/step-out-and-join-our-health-walks-181219.pdf>