

Monday, 01 February 2010

[Health and Social Wellbeing Improvement](#)



This leaflet explains the benefits of regular physical activity, particularly walking.

## Details

Format

6 page 1/3 A4 leaflet

Target group

General public, particularly sedentary people

## Downloads

**Attachment**

**Size**

[get a life get active go walking.pdf](#) 431.32 KB

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