



Small walk Big talk

Bring a friend then Make a few more!

The Big Fit Walk is free, easy and lots of fun – especially when you bring a friend.

Young, old, fast, slow – it doesn't matter. It's not a race, it's about having fun and staying healthy. Fresh air, a walk and a chat. Hey, it could become a regular thing with our weekly health walks.

And the best bit?

Everyone – absolutely everyone – is welcome. We are looking forward to seeing you all there!

www.bigfitwalk.scot

Join the big conversation: #bigfitwalk.
We'd love to see your photos and hear your stories.
You can share them with us on social media:

 PathsforAllScotland
  pathsforall
  @pathsforall

Our Big Fit walk...

Will be led by _____

We'll start from _____

at _____

on _____

It should last around 30 minutes and it's free for everyone.

For more information _____

