

# 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.

## 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 \_\_\_\_\_

[www.bigfitwalk.scot](http://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.



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