

you're almost there!

don't give up now!



paths
for all

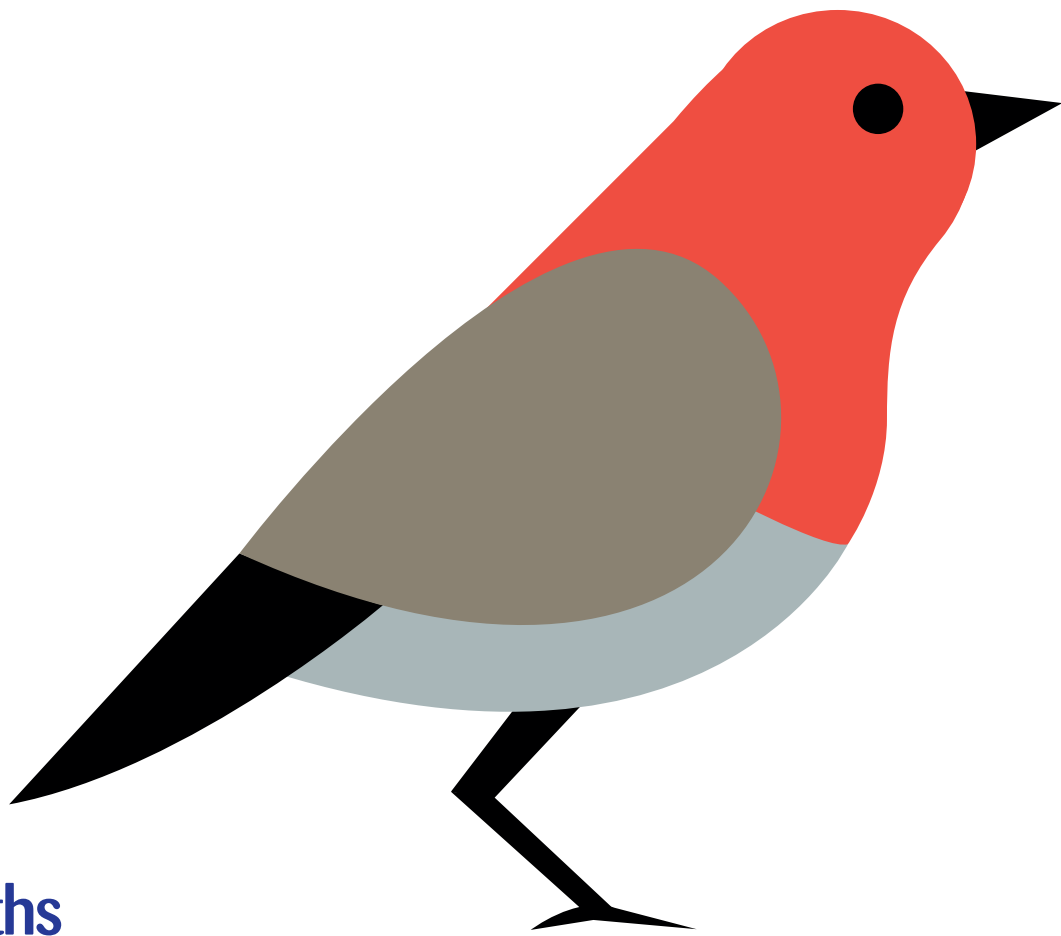
FOR A HAPPIER,
HEALTHIER SCOTLAND

smell the flowers



listen to the birds

enjoy the simple things



keep going!

You are doing great!



**paths
for all**

FOR A HAPPIER,
HEALTHIER SCOTLAND

stop for a blether

there's plenty of time



have a rest

take your time



walk together

and enjoy the company



get some fresh air

it's great to get out

