



## Get Healthy in 2009 with The Ramblers Get Walking Keep Walking

(Southwark, Lambeth and Lewisham  
&  
Tower Hamlets and Hackney)

The Ramblers Get Walking Keep Walking team are offering 3 different options to join a FREE led circular walk.



**OPTION 1: One -off walks with The Ramblers during Men's Health Week  
Monday 15<sup>th</sup> - Friday 19<sup>th</sup> June 2009**

There's nothing like a good, brisk walk to help you feel rejuvenated in both body and mind. That's why during Men's Health Week, starting 15<sup>th</sup> June 2009, the Ramblers Get Walking Keep Walking project are offering organisations and community groups the chance to sign up to one FREE led walk , tailored to your requirements.

**Ideal Group size: 10 - 30 people at a time**

**OPTION 2: 12 week walking programmes with The Ramblers**

**Anytime, Mon - Fri, during office hours and early evenings at the same time and day each week**

Are you an employee and fancy a breath of fresh air in your lunch break? Are you involved with a community group who are in need of some fun, gentle group exercise? The Ramblers Get Walking Keep Walking project is offering organisations and community groups the chance to sign up to a 12 week walking programme, tailored to your requirements.

**Ideal Group size:** 10 - 30 people at a time

**OPTION 3: Give yourself a break and come and enjoy a FREE led walk on Fathers Day, Sunday June 21<sup>st</sup>.**

Looking for something to do that Sunday? Want to meet other fathers in your area? If you are a community group looking for something to do, get in touch.

**Ideal Group size:** 10 - 30 people, children and grandchildren welcome, family friendly

**Key Features:**

**FREE step counters and log books**

**FREE T-shirts**

**FREE one to one advice for all walkers**

**FREE refreshments provided for each walk**

**FREE copies of routes**

If your organisation / group are interested, or you would like more details, please get in touch:

For **South London**, Southwark, Lambeth and Lewisham

**Kirsten Hubmann, Get Walking Keep Walking Project Coordinator**

**Kirsten.hubmann@ramblers.org.uk T: 020 7926 8998 / 07920 050773**

For **East London**, Tower Hamlets and Hackney

**Maike Neuhaus, Get Walking Keep Walking Project Coordinator**

**Maike.neuhaus@ramblers.org.uk T: 020 7364 3780/ 07920 117 368**

This project is hosted by the London Borough of Lambeth and working in the local authorities of Lambeth, Southwark and Lewisham.

Enjoy free exercise from your doorstep - see [www.getwalking.org.uk](http://www.getwalking.org.uk)

Get Walking Keep Walking is a Ramblers' Association project funded by the Big Lottery Fund through the Active Travel Consortium of leading walking, cycling and health organisations.