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## Walkers' stories

Every week across England over 375 schemes support 20,000 walkers to get and stay active.

Here you can read a few of the inspiring stories from our walkers. Their stories show how walking regularly with their local scheme has helped them become healthier, happier, make new friends and explore their local area.



**“The biggest thing I’ve gained is the confidence to do things on my own, and not be fearful of meeting new people.”**

Gill

**“Walking has played a huge part in helping me discover just how good life can be.”**

Tony, walker



**“Having someone else there to motivate me was really helpful, and Anne and I have started going on our own walks together.”**

Matti, walker

**“I reflect on what the group has given me, and feel it is much more than was ever hoped by myself or the organisation.”**

Graham, walker





**“Walking  
has totally  
changed  
me”**

Janet, walker



**Carole has  
made some  
close friends  
who she can  
link arms with**



**“I wanted to give  
something back to  
my local scheme, as a  
thank you for all the  
support they gave me”**

Gwenda, walker and volunteer



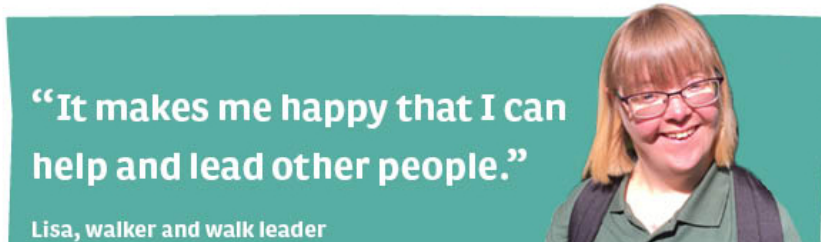
**“There are so many positives  
such as enjoying the exercise  
and socialising. I would  
definitely recommend  
Walking for Health.”**

Corinne, walker



**“The walking group is  
good fun, gives you a  
healthy body and I’ve  
made new friends”**

Elaine, walker



**“It makes me happy that I can  
help and lead other people.”**

Lisa, walker and walk leader



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