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Why Walk?



"Walking is the nearest activity to the perfect exercise"

...according to Professors Jerry Morris and Adrienne Hardman in our [Walking Works](#) report.

But are you wondering why walking is so effective? Or wanting to find out how you can join in? Then you're in the right place.

Search for walks near you using the WalkFinder over to the right, or find out more about:

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CANCER SUPPORT**



ramblers
Supporting you to
get active and stay active