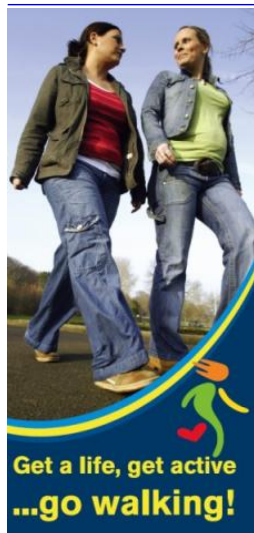


Monday, 01 February 2010

Health and Social Wellbeing Improvement



This leaflet explains the benefits of regular physical activity, particularly walking.

Details

Format

6 page 1/3 A4 leaflet

Target group

General public, particularly sedentary people

Downloads

Attachment	Size
get a life get active go walking.pdf	431.32 KB

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