

Friday, 23 February 2024

[Health and Social Wellbeing Improvement](#)



This booklet has been developed for adults with learning disabilities to encourage them to walk more. Using simply illustrated text, it outlines the benefits of walking for everyone and encourages participants to track their daily steps in order to build up to over 10,000 a day.

## Details

Format

A4, 24 pages

Target group

Adults with a learning disability

## Downloads

**Attachment****Size**

[Step\\_By\\_Step\\_Booklet\\_02\\_24.pdf](#) 3.01 MB

**Tags**

- [Physical activity](#)

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