

# RVS WELLBEING WALKS

## WALKER PROFILE: ELAINE



Elaine has been attending the walks since they began in September 2023. She now takes part in four of the walks every week! Elaine says it has become routine and gets her out of the house and exercising each day.



"The walks are so accessible and beneficial."

"Plus they are free!"

### WHAT DO YOU ENJOY MOST ABOUT THE WELLBEING WALKS?

"You get to know people, Walk Leaders and Walkers, you build connections and friendships. You find yourself picking up conversations from where you left off last time. We look out for each other and if someone is missing one week it is nice to know someone cares."

"It is great to have conversation with so many different people. I find we share ideas with each other. For example, about local activities. Therefore, it encourages you to attend other things. It's nice to have a recommendation and it's less daunting to try something new if you already know someone there."

"The Wellbeing Walks have been a fantastic way to get know local walking routes. I wouldn't have gone to Southwood Country Park on my own before the walks. It has encouraged me to walk at weekends too! Benefits of the walks have included learning new routes, building stamina, building confidence, being outside more and getting vitamin D."

"None of the walks are too much. They go far enough to give you some exercise but not too long to exhaust you."