

# Walk and Talk in London's Parks



Walking in green spaces has major benefits for your physical and mental wellbeing.

Even a gentle walk improves your strength in later life, especially for those living with a health condition. And you can make new friends!



**Fun, friends,  
fresh air -  
and it's free!**



## **Walking can:**

- Improve your social life
- Enhance your mood and increase your confidence
- Maintain good balance and coordination
- Keep your joints flexible, reducing the risk of falls
- Support management of health conditions

To find a walking group near you:  
**[www.walkingforhealth.org.uk/  
walkfinder](http://www.walkingforhealth.org.uk/walkfinder)**

To find more ways to get active  
in London:  
**[www.londonsport.org](http://www.londonsport.org)**

For more information on Age UK  
London's Park Walks Campaign:  
**[www.parkwalks.co.uk](http://www.parkwalks.co.uk)  
or 020 7820 6770**



**escape pain**

