

# Regular walking is good for your health

**Regular walking can do wonders for your social, mental and physical health according to Ian Findlay, chief officer at Paths for All.**

And the organisation has launched an online map showing 18 weekly, organised health walks in Edinburgh.

It details when and where local walks are taking place as well as information about how to join them.

The walking map aims to make it easier for people to become more active while meeting new people in their local community.

The walks are free, low-level and last around 30 minutes.

Mr Findlay said: "People are often surprised by how a simple, weekly walk can become such a big part of their lives.

"We see people build strong friendships on Health Walks and discover little bits about the local history and wildlife of the places where they live that can give them a whole new meaning and stronger sense of community."

The volunteers who lead the walks have been trained, know the most accessible routes for people of varied abilities and ensure a warm welcome to new walkers.

There are also specialised walks, especially for people with dementia and those who have been affected by cancer.

Mr Findlay added: "We encourage you all to have a look at what is taking place in your local area and join in."

Access The Health Walk at:  
[www.pathsforall.org.uk/healthwalkfinder](http://www.pathsforall.org.uk/healthwalkfinder)