

On Your Doorstep

Local Health Walks
for Mansfield & Ashfield



Walking for Health walks take place all over Mansfield and Ashfield every day of the week from Monday to Friday. No walk takes more than 90 minutes and anyone can turn up for ANY walk without commitment.

Pick up a leaflet for more information or contact us

Every Step Counts - Change your life

For more information contact
Keith 07527 160 339 or Andy 07756 350 250
or email wfh@mansfieldramblers.org.uk

See our Facebook Page - [onyourdoorstepwfh](https://www.facebook.com/onyourdoorstepwfh)



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We all know that walking is good for us so why don't we do more of it? Walking is a low impact exercise
Regular walking is the easiest and cheapest way to stay fit

FREE - short, easy, local walks



**Walks take place every Thursday and Friday
at 11am**

Whether you want to get fitter, lose weight, make
new friends or just get out more
– these walks are for you

About The Walks

The walks are led by trained walk leaders
There's no need to join anything
Anyone can come along and it's FREE

Walks take between 60 minutes and 90 minutes
with a shorter option available
so whatever your starting point, there's
SOMETHING FOR YOU!

At the end of every walk there is the opportunity
to enjoy a cup of tea/coffee and a chat

Walkers coming with us for the first time
will be asked to fill in a short questionnaire

Joining one of our walks could help
you feel more confident, introduce
you to new friends and help you take
those first steps to a
more active lifestyle

Thursday walks start from the
Masons Arms on the corner of
Unwin Road and Eastfield Side, Sutton

Friday walks start from the centre
of Mansfield Marketplace

All walks have a shorter option available for
anyone that wants it - just tell us on the day

Walks will vary from week-to-week and will
take into account the weather and the ability
of the group.

Short stops will be taken during each walk
and anyone can ask for a break at any time.



Orchard Medical
Practice supports
Walking for Health