

Walking the Way to Health

Description:

WHI is the 'Walking the way to Health Initiative' and it aims to get more people walking in their own communities, especially those who take little exercise or live in areas of poor health. The concept of Health Walks was started by an Oxfordshire GP, Dr William Bird, for his patients at Sonning Common Health Centre in April 1995. WHI is an initiative of the British Heart Foundation and the Countryside Agency. It benefits from extra funding from the Big Lottery Fund. WHI has helped to create over 350 local health walk schemes and has trained over 18,000 volunteer walk leaders. Since 2000, it is estimated that we've encouraged over a million people to walk more. WHI is one of 349 Healthy Living Centres (HLCs) in the UK promoting good health through health information, physical exercise and education. HLCs target the most disadvantaged sections or groups of the population and seek to address the wider determinants of health and health inequalities such as social exclusion and lack of access to services.

City:

Website: <http://www.whi.org.uk/>