

Small walk Big talk



BRING A FRIEND THEN
MAKE A FEW MORE!



The Big Fit Walk is free, easy and lots of fun
- especially when you bring a friend.
Young, old, fast, slow - it doesn't matter.

It's not a race, it's about having fun and staying healthy.
Fresh air, a walk and a chat. Hey, it could become
a regular thing with our weekly health walks.
And the best bit?

Everyone - absolutely everyone - is welcome.

Our 2019 Big Fit walk...

Will be led by

Pausley Puffins

We'll start from

Robertson Park

Renfrew

at

12pm

on

25th July 2019

It should last around 30 minutes and it's free to join.

For more information

618 6055

www.bigfitwalk.scot

Join the big conversation #bigfitwalk. We'd love to see your photos
and hear your stories. You can share them with us on social media.



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PathsForAllScotland



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the Big Fit Walk



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