

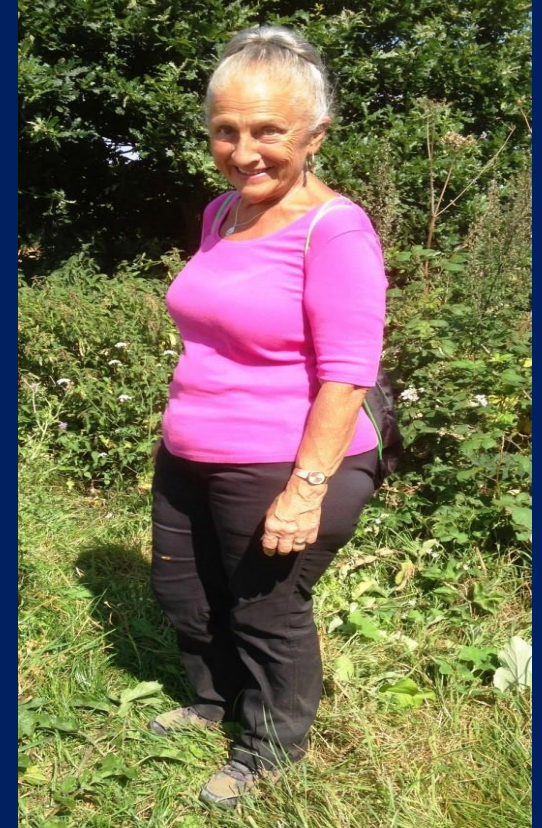


HEALTH WALKS

Lin, 76, Wrentham, Favourite activity: Walking

After the unexpected death of her husband, Lin began to feel very isolated, which didn't go unnoticed by her family and neighbours who suggested that she join a Health Walk.

After years of being inactive and not walking much further than the front door, Lin found the 1.5 mile walk a challenge, but she stuck it out and now **walks 5-6 miles every Wednesday** with the Waveney Ramblers. With lots of new friends and a new found love of walking, Lin wakes up feeling motivated. But it isn't just her **mental health that has improved**, Lin has also reaped the physical rewards by **losing 6 stone!**



That's what you call a walk!

