



OneLife Suffolk Health Walks



Service Description:

OneLife Suffolk offer over 200 free, volunteer-led Health Walks across all of Suffolk. All walks are graded from 1-5 based on their difficulty, ensuring there is a walk suitable for everyone.



Possible patient benefits:

- Increased cardiovascular and pulmonary (heart and lung) fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat

Eligibility Criteria:

There is no access criteria for Health Walks.

On a client's first walk, they will be asked to fill in a Walker registration form. We also ask for their consent to send a short questionnaire regarding their general health.

Any concerns about their health, we do ask that they seek medical advice before undertaking a Health Walk.

How to refer:

You or your patient can visit:
www.onelifesuffolk.co.uk
or call: **01473 718193**



Scan QR code to learn more

Client Pathway



New walker

Find a list of our current walks on our website (onelifesuffolk.co.uk/services/health-walks/) or in your local library. You can also call OneLife Suffolk on **01473 718193**.

Register for your chosen walk via booking system onelifesuffolk.co.uk/services/health-walks/our-walks/

Turn up to your chosen walk and complete a new walker registration form.

Join your chosen walk

Existing walker

Join your chosen walk

