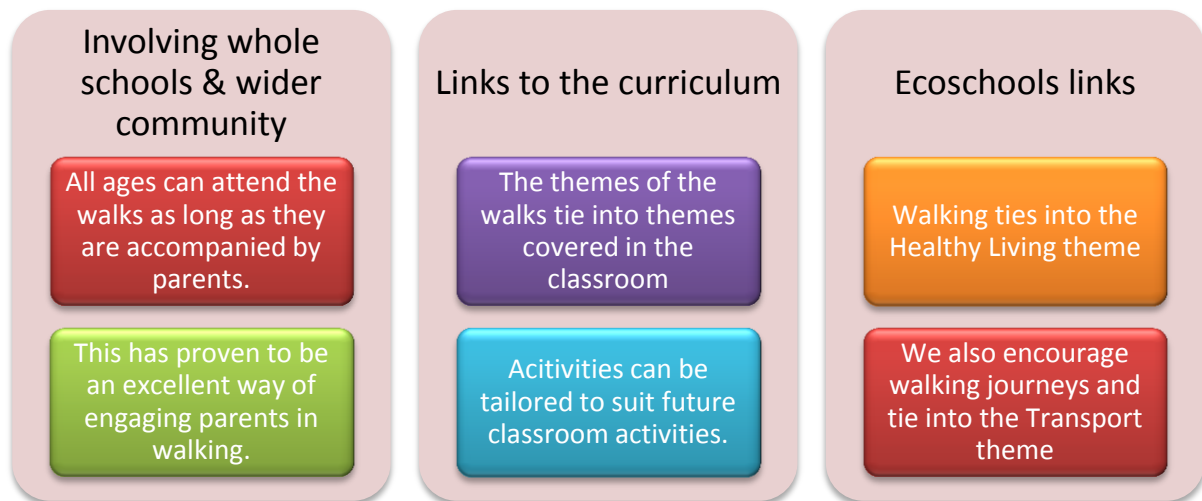




## Get Walking Keep Walking

Get Walking Keep Walking is a Leicester City Council and Ramblers project which enthuses people to increase their everyday walking and make positive lifestyle changes. We run after-school groups for parents and children, doing weekly led walks and providing motivational materials and advice. The project not only encourages children and parents to explore and learn about their local environment but also supports work that schools may do towards Eco-schools accreditation:



Features of our walk programmes include:

### Resources

- All adults receive a Get Walking pack including a log book and pedometer
- All children receive an activity pack containing information and activities to engage their interest on the walks
- Incentives for people to attend all walks in the series

### Logistics

- Walks run weekly for 6 weeks or less (dependant on term times)
- Walks are run by trained Ramblers staff and volunteers with DBS checks and covered by Ramblers insurance
- Flexible approach to suit your school - **No teacher time required**, but welcome if you wish to

Over the past year Get Walking has worked with several schools in Leicester running successful programmes, incorporating weekly themes specific to that area such as nature, local history, and eye-spy. We are currently recruiting schools in our project area to run the walks from April 2015.

For information please contact Amy Morgan –  
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