

Walk 4 Health is only a step away to improving your health.

On Newham's Walk 4 Health programme you receive a step programme, the loan of a pedometer, a personalised lifestyle health assessment, physical activity consultation and certificate of completion, together with help and advice at one of our drop in clinics.

The programme helps you become more active through walking each day over 6 or 12 weeks. The choice is yours.

Did you know if you are active now you would:

Have more energy

Be able to control your weight

Maintain healthy bones, muscles and joints

Walk  
4 Health

Be less stressed and depressed

Have a quicker recovery from sickness & illnesses