



Becoming an Informal Walking Champion



**You just need a
passion for walking!**



To become an Informal Walking Champion in Greater Manchester (GM) you just need a passion for walking! There is no need for specific walk leader training. Just ask someone to join you and take the first step.

Getting help and support to enable informal walking

If you feel you need some support to help others to walk more, you may want to consider attending an informal walking workshop hosted by GM Walking. If you are passionate about walking and you are in a position to encourage others to become more active through walking more often, this workshop could help.



Informal Walking Workshops

The GM Walking programme Informal Walking Workshops will:

- Provide information on the health benefits of walking
- Discuss considerations around informal walking
- Explore ways that informal walks could fit in with your family, friends, community or organisation
- Help those with a passion for walking to encourage others to get involved
- Offer a space to discuss any issues or concerns you may have
- Help you connect with other people who have a passion for walking
- Share the latest about the work to encourage a walking culture in your area or workplace and across Greater Manchester

 **CONNECT WITH OTHER PEOPLE**



To find out more or to book an informal walking workshop, contact: info@gmmoving.co.uk or visit gmwalking.co.uk/courses

Formal Walk Leader Training

If you are considering setting up more formal led walks that would be advertised, you could consider looking at the national [Walking for Health](#) initiative (Ramblers) for guidance.

Keeping in Touch with GM Walking

GM Walking is here to help. Our website has a host of information about routes, groups and resources to support walking. The GM Walking Voice is a web of people championing walking and promoting the needs of walking. [Sign up](#) to join the Walking Voice to hear the latest news and connect to others involved in walking.

Also keep an eye on the [@GMWalks Facebook](#), [Twitter](#) and [Instagram](#) sites and share stories of the walks you've been on.

Get in touch

gmwalking.co.uk

info@gmmoving.co.uk

0161 223 1002

