**Walk Leader Quotes**

**“I’ve been a Walk Leader with Braveheart since 2006 and find it very fulfilling. I believe Braveheart helps members to adopt a healthier lifestyle and encourages social interaction. I’ve seen many new walkers integrate into the groups and make new friends as well as improving both their mental and physical health through it”**

**Ian Parker**

**“I enjoy walking and leading walking groups gives me a good reason to take exercise in convivial company with like minded people. Through the interesting folks I have met on the walks I have learned a lot about the history of the area along with local attractions and entertainment. I have been given information on other walks and attractions around the region as well as further afield. The way the friendship and encouragement develops within by the walkers is also fascinating to see”**

**Brian Robertson**