**New Walk Leader Martin Stewart**

Martin noticed Braveheart’s advert for recruiting new Walk Leaders within Falkirk Community Hospital, and following on from retirement he was looking to find something active to fill his time while his wife continued working. Martin was used to an active working life after serving many years in the Navy.

After completing his training in Stirling, Martin got stuck in to the walks shortly after and took the lead on our Linlithgow Loch Walk. After a few weeks of leading this walk, along with cutting out biscuits and the odd sandwich between meals Martin has lost 4kg in weight and is feeling great. His doctor states the only thing he will die of is old age!