

WALKING FOR HEALTH



(Credit: Active Devon)

Retired food technologist and former amateur rugby player, Jeremy Carter, 74, of South Brent, Devon likes to keep busy. Surgery has slowed him down of late but he's staying in shape thanks to the 'Walking for Health' initiative. It all started after a trip to his local...

How did you get involved?

I always enjoyed keeping in shape but was forced to slow down after operations on my foot and knee. I am also now a full-time carer for Anne, my wife of 47 years. I had seen a leaflet about 'Walking for Health' but not come across the local South Brent group. One day a couple of years back I walked out of the village pub and bumped into a group of walkers. I knew their leader, Keith, who persuaded me to join in. Right from the beginning I loved it - so much so that I ended up taking over as walk leader.

“I have always loved the countryside and walking helps you to see it so much more. Every step makes you fitter and healthier.”

What happens during a walking session?

We always meet outside a local newsagents. I go along with an idea for a particular walk but we make a collective decision. It is often based on the weather – if its raining we'll take a shorter walk. Four miles is the longest we do, which normally takes no more than two hours. We go for a coffee and a chat afterwards. It's nice to make a real morning or afternoon of it.

What have been the benefits?

The walks help in loads of ways: with fitness, stamina, friendships. appreciation of my local area. They relax me and make me feel good about keeping fit. I really look forward to the walks: they fill you with joy.

Have there been any challenges to overcome?

Different types of stile can present problems, especially for those with health issues, so we wait and help everyone around or over them. Muddy slopes can also cause a few problems. We look after our older folk.

How would you motivate others to get involved? What would you say to them?

I often look at the traffic on the A38 and wish I could persuade people to get out of their cars and come into the town and the surrounding countryside. They're missing out on so much.

More information

[Walking for Health - South West \(website\)](#)

Contact: **Hannah Colston**, Call 01392 263674 or email hannahcolston@devon.gov.uk

More stories here: www.naturaldevon.org.uk