



A Walking Mentor For Health

A Alternative Aspect Media Initiative

During 2017, Alternative Aspect Media set off to improve the physical fitness of its members. This led to the creation of the walking mentor program, becoming The Initial Step. The Initial Step will have walking mentors who can be called upon by people in the community who require support, and to prompt them to return to an active life style.



Walking mentors meet up with participants; and together, devise up strategies for individuals to set them on the path to a healthy and active life style.

Progress is recorded and goals are set, so participants can see what they have achieved. Walking mentors give people who may not have anyone to walk with or require for any reason, someone to walk with them for safety reasons the opportunity to get involved.

For any further information please call

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