

Neil McCuaig's Story

Age: 46

Walking has become a big part of Neil's daily routine since joining his local HEALTH walk at Glasgow Botanic Gardens.

Neil attends the health walk every Friday with one of the staff team from Community Integrated Care.



Neil heard about the health walks through one of his support workers, who found the information on the Good Move website.

Neil was keen to get started—he said he wanted to get out for some fresh air, get more active and knew it would be good for his health. Neil very quickly became a permanent fixture at the Botanics, attending every Friday unless on holiday or unwell. Neil keeps the group going with his great sense of humour, his smile and more importantly his great sense of direction! He is often found leading the group along with walk leaders Anne and David and walker Janet whom he spends a great deal of time chatting over everything from the animals, the plants and any up and coming holidays he has.

As well as joining the walks, Neil and his staff also started looking at diet and reducing portion sizes as another way promoting healthy living.

Over the last 1.5 years Neil has lost nearly **3 stone!** He says the walks lift his mood and have also reduced his breathlessness that he used to get when walking.

Now on a weekly basis, as well as attending the health walk, Neil can walk up to 20 miles per week, often walking from his home to the city centre and further afield to Clydebank.

“Neil is a great advert for walking and weight loss. He comes every week and has lost stones by walking and watching his diet. What a great guy!”
 (Anne & David, Botanics Health Walk leaders)