

Special Get Walking Day offer

Join the Ramblers with a **20% discount**

The Ramblers is the charity at the heart of walking in Britain. Everyone's a walker - so the Ramblers is for you. We work to make it easy for everyone to walk, whether in the countryside, cities, hills, the coast, and on and off the beaten track. We are about all sorts of people doing all sorts of walking in all sorts of places.

All non-members taking part in Get Walking Day can join the Ramblers at a special rate - **20% off** the usual membership price. This offer is only available to new members and is valid until **30 June 2009**.

Fill in the application form and return to: **The Ramblers, FREEPOST SW15, London SE1 7BR together with your remittance (if not paying by direct debit). Please make cheques payable to 'The Ramblers'.**

Alternatively, visit www.ramblers.org.uk/offer and use code GWD9 or call 020 7339 8595.

By paying with direct debit you will help to reduce our administration and bank charges. Plus you will receive one month extra free!

Ramblers 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW
Tel: 020 7339 8500 **Fax:** 020 7339 8501 **Email:** ramblers@ramblers.org.uk **Web:** www.ramblers.org.uk

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.

A. Membership Type

I/We wish to join the Ramblers at the discounted rate (please tick)

- Individual £21.60** (normally £27)
 Joint* £28.80 (normally £36)

Reduced rates are also available and are intended for people who, through whatever circumstances, cannot afford the standard rates. These rates are exempt from further discount:

- Reduced Individual £15.00
 Reduced Joint* £20.00
- *Joint membership is for 2 adults at the same address

B. Application for Membership

GWD9

Title _____ Name _____ Title _____ Name _____

Address _____

Postcode _____

Telephone _____ Email address _____

(I am happy for the Ramblers to contact me by email)

Date(s) of birth _____ Group _____

(Only if you wish to join a group other than your local one)

One of the ways we can save money and recruit more supporters is through reciprocal mailings with like-minded organisations.

If you would prefer to be excluded however, please tick this box

C. Direct Debit Instruction



Originator's Identification Number: 922670

1. Name and full address of your Bank or Building Society

To the manager of _____ Bank/Building Society

Address _____

Postcode _____

2. Name(s) of Account Holder(s) _____

3. Branch sort code _____

4. Bank/Building Society Account Number _____

5. Reference Number (to be completed by the Ramblers)

Instructions to your Bank or Building Society: Please pay the Ramblers' Association direct debits from the account detailed on this instruction subject to the safeguards assured by the direct debit guarantee. I understand that this instruction may remain with the Ramblers' Association and, if so, details will be passed electronically to my Bank/Building Society. Banks and Building Societies may not accept direct debit instructions for some types of account.

Date _____ Signature _____



ramblers
at the heart of walking

Get Walking Day
Saturday 30th May 2009

www.ramblers.org.uk

you'll walk more as a result either on your own or with the Ramblers.



Get Walking Day is an opportunity for you and thousands of people in England, Scotland and Wales to enjoy a short walk with the Ramblers. All walks are free and run by Ramblers walk leaders. Bring your friends and family



everyone is welcome. We're sure you'll enjoy yourself and hope that

To find your nearest walk and for more information about Get Walking Day, please visit: www.ramblers.org.uk/campaigns/gwd or call 020 7339 8500.

Here are four easy ways to make sure you continue walking this summer:

1. **Pledge** to walk more by visiting our website
2. **Complete** the 12-Week Get Walking Keep Walking plan below
3. **Visit** www.ramblers.org.uk/areas_groups/groupswalksfinder to find one of our regular walks
4. **Join** the Ramblers (see overleaf for details)

Let us know and you could win a year's membership to the Ramblers. See our website for more information.

WEEK	1-2	3-4	5-6	7-8	9-10	11-12
MONDAY - FRIDAY	Just aim to walk a little more as part of your daily routine. Try walking to a bus stop slightly further from home, or walking one way to the shops and getting a bus back. Get into the habit of walking up stairs and escalators.	10-15 mins Aim to do at least one walk of ten minutes on three days a week. So time yourself and try not to stop for ten minutes.	2 x 10-15 mins Add another walk of 10-15 minutes on two or three days of the week. Perhaps one in the morning and one at night.	2 x 15 mins Try to walk for 15 minutes twice a day on every day this week. Now you're reaching the amount of exercise doctors recommend for good health.	2 x 15 mins Don't worry if you're slipping behind - use these weeks to catch up. Aim for two walks of 15 minutes each day, walking briskly on at least one of them.	30 mins Aim for 30 minutes of brisk walking each day. This can be in two sessions, but one session is better still. You've now reached the level doctors recommend for good health.
SATURDAY OR SUNDAY (or another weekday if more convenient for you)	This is your chance to vary your walk a little. Try a different route, go to visit friends or a nearby park.	20-30 mins Try a slightly longer walk in pleasant streets, a park or along a river or canal.	30 mins Do at least one 30 minutes walk in pleasant surroundings but walk briskly for most of the way.	30 mins Try walking briskly for at least 30 minutes on your weekend walk.	30-60 mins Try a longer walk of up to 60 minutes on one day a week. Look for pleasant surroundings, relax and enjoy!	60+ mins Now you're a fit and healthy walker, enjoy your new-found freedom by going further from home.