

PRIMARY PREVENTION:

“Action on the building blocks of health which stops problems happening in the first place.”

Positive steps Kemnay has offered free health walks for local people for over 10 years, with activities for adults of all ages and abilities.

POSITIVE STEPS, KEMNAY, ABERDEENSHIRE

Walking is one of the easiest and most accessible ways to improve your health and wellbeing. Walking helps prevent heart disease, diabetes and cancer. It improves our wellbeing and is linked to better sleep, improved cognitive function and an overall better quality of life. In Scotland, more than 3,400 cases of serious long-term health conditions and over 1,000 early deaths can be prevented by people walking and wheeling.

Over 50 participants attend regularly to enjoy the benefits of walking, as well as Strength and Balance classes. In 2024 they partnered with Walking Scotland to install eight strength and balance posts in their village green.

Each post includes instructions and physical supports that can be used to complete a range of Strength and Balance activities. Strength and balance help to maintain mobility, independence and confidence to move more as well as reducing the risk of falls.

A number the regular walkers with Positive Steps Kemnay are over 80 years old, including Kathleen who has attended for over 5 years, and has lived with a long-term health condition for over 10 years:

“I didn’t think I would make it to 83. Coming to Strength and Balance classes and the Health Walks has helped me recover and keep my health.”

[Find out more here.](#)

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.