



Harley Street at Home

MENOPAUSE

Gill Stewart



Gill has worked in health promotion and exercise referral for over 40 years, specialising in creating programmes that encourage people to be more active but most importantly to enjoy it! Many of her programmes are designed to help those with low fitness levels, esteem or medical conditions and naturally this led to the use of walking based programmes which is now her specialism.

Gill is a fitness industry presenter, author and director of both Nordic Walking UK and WALX. She has trained thousands of walking Instructors, developed hundreds of walking groups and is currently launching a range of innovative fitness walking poles and programmes in the UK and Europe.