



Press release

19 April 2009

Independent on Sunday – Happy List

Dr William Bird, founder of Intelligent Health, was today (Sunday 19 April) listed as one of the *Independent on Sunday's* Top 100 people who make Britain a better and happier place to live.

As stated in the newspaper: 'Creator of the "green gym" concept, taken up by British Conservation Trust Volunteers; and founder of "Walking Your Way to Health" run by Natural England. This GP's initiatives have introduced more than 200,000 people to the natural environment and its health benefits. Moreover, outdoor exercise has been officially credited as a treatment that GPs can prescribe as an alternative to drugs.'

[To read the full article click here: http://www.independent.co.uk/news/uk/this-britain/the-iiosi-happy-list-2009--the-100-1671055.html](http://www.independent.co.uk/news/uk/this-britain/the-iiosi-happy-list-2009--the-100-1671055.html)

- ends -

Notes to editors

For more information about Dr William Bird or Step2Get please call the Intelligent Health press office on 07786 388158.