



STRIDE AND SHINE

DISCOVER THE MAGIC OF
WALKING THIS SUMMER

Walking is one of the best ways to improve physical and mental health and stay connected to our community. An easy way to incorporate walking into your daily routine would be walking to and from work, if you are able to, or hop off the bus a stop earlier or try a different route from your local station!

You can find plenty of advice and tips online on how to get more step into your day. Scan the QR code to visit the Living Streets website for more information: livingstreets.org.uk



For further information on walking to Thorpe Park Leeds you can also visit thorpepark-parklife.co.uk