

Walk Notts Bingo

How many of these can you do?

At Work

Have a walking or wheeling meeting

Picnic

Join with friends or family for a snack at a local park or green space

Photography

Take photos of unique perspectives of the world around you

Walk Notts Stone Trail

Paint a #Walk Notts stone and leave it somewhere for someone to find

Go Explore Local

Discover a new walking or wheeling route in your area and tell someone about it

Mindfulness

Focus on the moment, listen and observe your surroundings without distractions

Walking or Wheeling Group

Join or start a walking, wheeling or community group in your area

Step Challenge

How many steps can you do each day?

Sunrise or Sunset Walk or Wheel

Plan a walk or wheel to watch the sun rise/set

Audiobook/Podcast

Listen to a favourite book or podcast while walking or wheeling

Workout

Add some bodyweight exercises to your walk or wheel

Creative Thinking

Use a walk or wheel to think through ideas or solve problems creatively

it's all about wheeling as well as walking, and inclusive to all

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters



can help you walk or wheel more with **FREE** activities and training.



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