Walk Notts Bingo

How many of these can you do?

At Work

Have a walking or wheeling meeting

Go Explore Local

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

Sunrise or Sunset Walk or Wheel

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

Picnic

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

Mindfulness

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

Audiobook/Podcast

Listen to a favourite book or podcast while walking or wheeling

Photography

Take photos of unique perspectives of the world around you

Walking or Wheeling Group

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

Workout

Add some bodyweight exercises to your walk or wheel

Walk Notts Stone Trail

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

Step Challenge

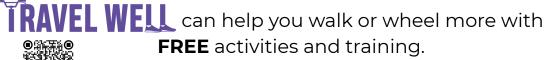
How many steps can you do each day?

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



www.transportnottingham.com/travelwell



info@walknotts.org.uk www.walknotts.org.uk