

Walk Notts Bingo

How many of these can you do?

10 Minutes

Can you walk or wheel for 10 minutes today?

Gratitude

Reflect on 1 thing you're grateful for while walking or wheeling

Garden Tour

Explore a garden – what plants, birds or trees can you see?

Fragrance

Smell 3 different fragrances like plants, flowers, the ground after rain

Walk or wheel round the shops

What do you see, smell and hear?

Sounds

Listen out for 3 different sounds you can hear like birds singing or leaves rustling in the trees

Bench to bench

Alternate walking with sitting down for a while on benches or chairs

Join a walking or wheeling group

Or go on one with a theme e.g. art, heritage or nature

Go Explore Local

Walk or Wheel with your friends or neighbours. Can you find a new route in your area?

Strength and Balance

Can you walk heel-to-toe alongside a bench or get up from sitting without using your hands?

Photography

Take 3 photos of interesting scenes

Picnic

Go to a nearby park or green area and enjoy a snack together.

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

TRAVEL WELL

can help you walk or wheel more with

FREE activities and training.

www.transportnottingham.com/travelwell



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