

## Travel to

This map shows directions on how to reach Everards Meadows from different bus stops



## Workplace Wellbeing

Sitting at a desk all day or being inactive can be draining. When it comes to meetings, why not leave the stuffy cramped room and take your meeting outside. Walking meetings are just as productive and much more fun!

Try and find 20 minutes from your lunch break to go outside and take a walk. This can reduce strain and stress by releasing endorphins, the brain's natural painkillers, and helps improve wellbeing.

**'It takes around 20 minutes to walk a mile!'**

## Active Travel

People will benefit from Active Travel by being happier, healthier and more productive. It is an easy way to increase daily physical activity and help to maintain a healthy weight.

Active travel is a great way for you to fit exercise into your daily routine!

Getting off the bus a stop early, or parking further away is a great start and can easily be integrated into your daily routine.

Walking and cycling are excellent forms of active travel.

## Walking

Walking is one of the easiest ways to become physically active and healthier. It is simple, free and a great way to start your day ahead! It is easy to fit walking into your daily routine, and a brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10".

Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.

It's the easy way to improve your health and wellbeing.

**No gym memberships, no Lycra. Just 10 minutes and you!**

Read more at [www.nhs.uk/oneyou/active10/home](http://www.nhs.uk/oneyou/active10/home)



## Cycling

Riding your bike is one of the easiest ways to get in some daily exercise! Instead of having to put fuel in your car to make a journey, fuel yourself with a healthy meal and away you go!

Find out more about cycle courses, route planning, cycle maintenance courses and general advice on [www.choosehowyoumove.co.uk](http://www.choosehowyoumove.co.uk)

For leisure cycling, free guided rides and more ideas check out [www.letsride.co.uk/social](http://www.letsride.co.uk/social)

**'It can take around just six minutes or less to cycle a mile'**



@CHYMLEics

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