

# GADBROOK PARK WALKING ROUTES

## GADBROOK LOOP

 10 MINS

 38 CALORIES

 1000 STEPS\*

SUITABLE FOR: ALL WEATHER

## RUDHEATH PARK LOOP

 16 MINS

 60 CALORIES

 1690 STEPS\*

SUITABLE FOR: ALL WEATHER

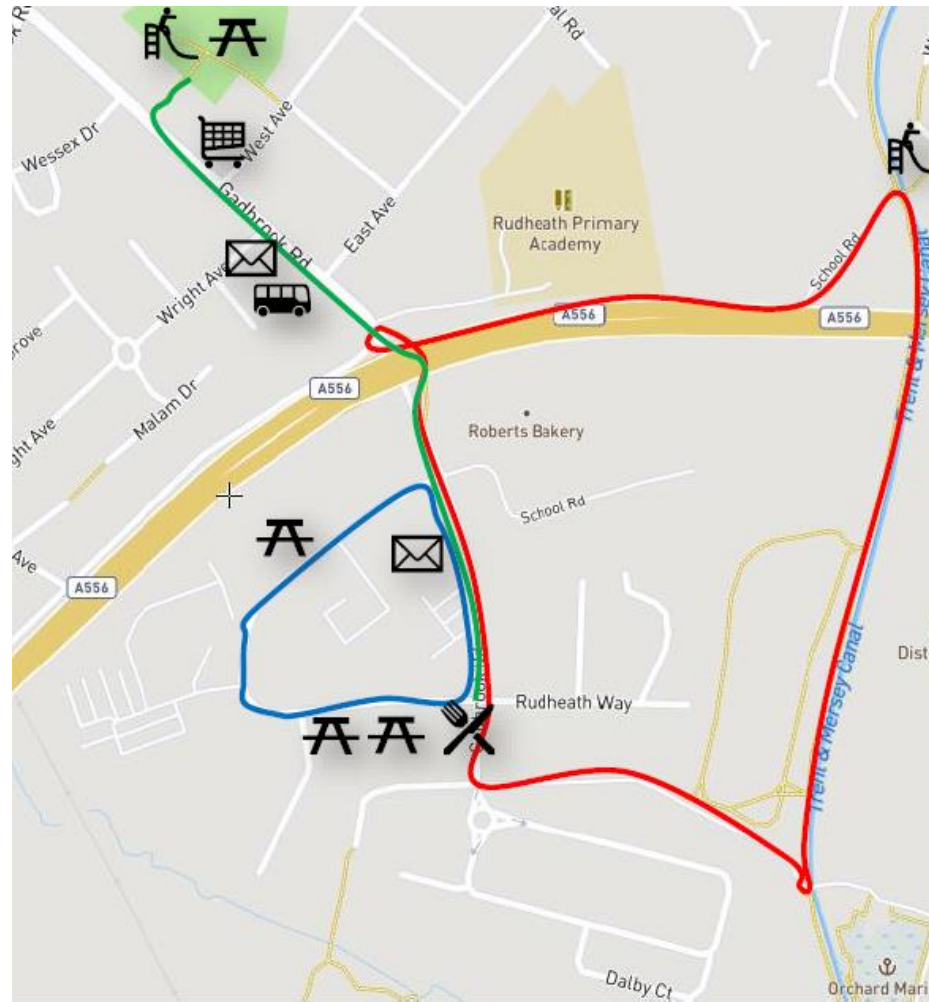
## CANAL LOOP

 30 MINS

 103 CALORIES

 2580 STEPS\*

SUITABLE FOR: DRY WEATHER



Sitting at your desk for 8 hours a day can damage your health.

Adults are recommended to do 30 minutes of activity a day.

Exercise... Made easy! Did you know that walking briskly for just 10 continuous minutes counts as exercise?



\*[www.convertunits.com](http://www.convertunits.com) #[www.gb.mapometer.com](http://www.gb.mapometer.com)

small steps. **big impact.**