



Motivate the mind,
the body will follow.

Are you stuck behind your
desk?

Stretch your legs, explore our walks.

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



Adults are recommended to do 3 x 10
minutes of moderate intensity activity
per day.

Complete our walks at a brisk pace and
feel the benefits.

Feeling Stressed?

You can find relief from walking and
doing various other activities.



You've earned this
break.

Enjoy it, take a walk with your friends.



Active Workplace

Take the Active Workplace Pledge with Active Cheshire



 Improves employee health and wellbeing	 Has a positive economic impact	 Creates a great place to work and retain great people
 STRESS Reduces stress and anxiety	 Improves employee productivity	 Develops a positive image and competitive edge in recruitment
 Improves and maintains physical health	 Reduces levels of absenteeism and presenteeism	 Increases job satisfaction and morale
 Happy and motivated workforce	 Lower long term sickness or injury	 Improves team spirit and togetherness

Contact

Active Cheshire to
sign up your business

T: 01212 330212 E: support@activecheshire.org

Active Cheshire, Gadbrook Park BID, and Groundwork do not accept
liability for any loss, damage, or injury that may occur on these
walking routes. Persons use these walking routes at their own risk.

GADBROOK PARK WALKING ROUTES

Relax, Explore, Have Fun




small steps. big impact.

GADBROOK LOOP

 10 MINS

 38 CALORIES‡

 1000 STEPS*

SUITABLE FOR: ALL WEATHER



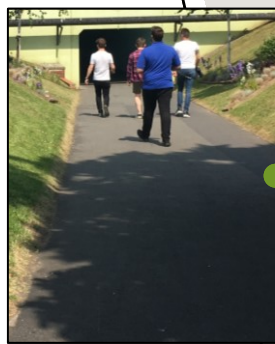
RUDHEATH PARK LOOP

 16 MINS

 60 CALORIES

 1690 STEPS

SUITABLE FOR: ALL WEATHER



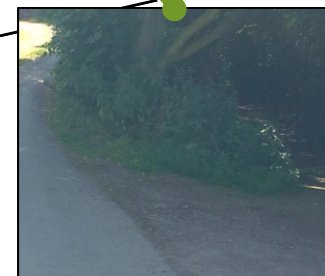
CANAL LOOP

 30 MINS

 103 CALORIES

 2580 STEPS

SUITABLE FOR: DRY WEATHER



*www.convertunits.com ‡www.gb.mapometer.com