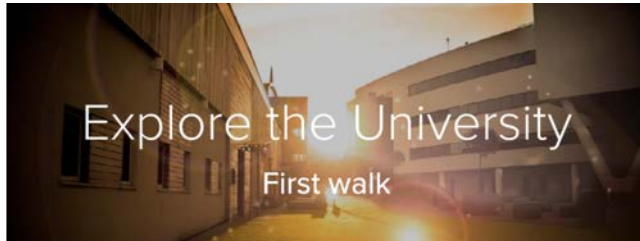


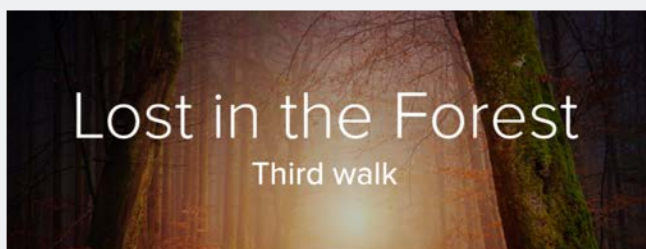
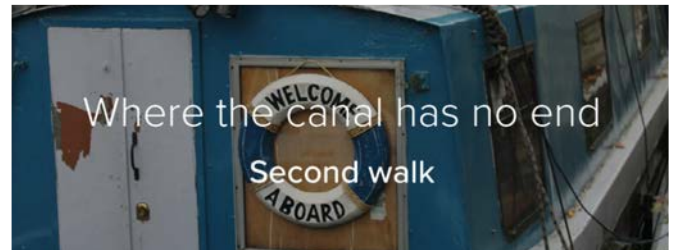
# Three Health and Wellbeing Walks

## MOTIVATE YOURSELF TO BE HEALTHIER!



***Walking time: 10 min***  
***Walking distance: 0.70 miles***

***Walking time: 30 min***  
***Walking distance: 1.75 miles***



***Walking time: 50 min***  
***Walking distance: 2.15 miles***

VIDEOS WITH THE WALKS YOU CAN FIND ON  
[HTTPS://UNITUBE.HUD.AC.UK/VIEW2.ASPX?ID=27533~5H~ZCBJWU8RBX](https://unitube.hud.ac.uk/view2.aspx?id=27533~5H~ZCBJWU8RBX)  
OR SEARCH HEALTH AND WELLBEING WALKS.