



Walk or Wheel to work.

Have a walking or Bike meeting with your teammates

Litter Picking

Use gloves or a letter picker and recycle 5 pieces of litter

Audiobook/Podcase

Listen to a favourite book or podcase t while walking or biking

Picnic

Walk or wheel to a nearby park or green area and enjoy a snack together

Mindfulness

Force on the moment, listen and observes your surrounding without distractions

Sunrise or Sunset Walk.

Plan a walk or even bike ride to watch the sun rise/set

Step Challenge

How many steps can you do each day?

Dancing Feet

Put on your favourite sone and dance from room to room

Photos

Go on a walk or wheel and take photos of things you find interesting.

Creative Thinking

Use a walk or wheel to think through ideas or solve problems creatively

Join a walking or Wheeling group

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

Garden Tour

Explore a garden, what plants or birds. Make sure you take a picture

Musters Medical Practice is supporting patients and staff to get moving in a fun and achievable way.

