

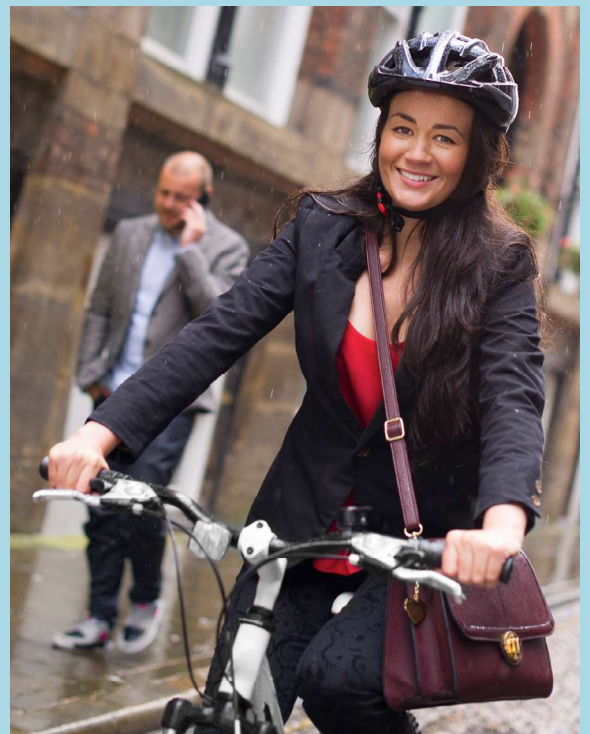
'Fitter, happier, healthier'



Walk or cycle to work or break up your day by getting out and feel the health benefits.

Wokingham Borough Council asked residents in May 2020 about their activity habits during the Covid-19 lockdown. 73% of residents reported doing more walking and 58% doing more cycling. You said it got you outside, made you fitter and most important of all happier.

Can you consider how to stay active during the working week by either continuing to walk and cycle during the day or using your journey to and from work?



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