

Congratulations for choosing to Park and Stride.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. And by choosing to Park and Stride you can save money too.

Use this guide to understand the amount of walking you do every week and maximise the health benefits.

For more info visit www.warwickdc.gov.uk/parkandstride



P Car parks — Footpaths - - - Optimum walking route



0.25 miles = 550 steps = 5 calories every 10 minutes!

