

The Benefits of Walking @ Cobalt

BEING IN NATURE:

Sunshine increases serotonin levels



Exposure to green space significantly reduces people's levels of stress



BEING ACTIVE:

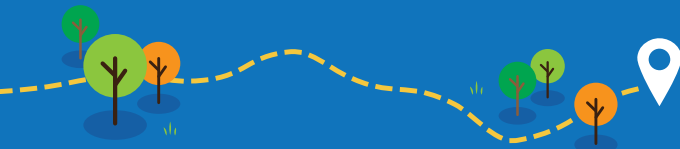
Our activity levels are positively linked to our mental wellbeing meaning the more active we are, the greater feelings of happiness and worthwhileness



Our concentration and attention levels immediately improve after a bout of physical activity



Being active is proven by the NHS to reduce risk of early death, heart disease and stroke, certain cancers and dementia.



DID YOU KNOW?

It is recommended that adults engage in physical activity for at least 150 minutes a week.

Cobalt is encircled by an abundance of green spaces, wildlife, 5 miles of bridleways and a 39-acre Biodiversity Park so much to see.

Our Cobalt walking routes are a great way to improve your step goals and explore your surroundings.

Have you applied for your MORE Card?

There is a whole host of activities to help you get motivated to move more including monthly walking challenges, QR Code trails and Cobalt stride and ride options for commuting to work.



www.morecobalt.co.uk
www.go-well.org



Walking Routes @ Cobalt

Take advantage of the nature on the doorstep of your workplace

Take an active break during the day to look after your body and mind...
Arrange a walking meeting, movement for thinking and engaging

DID YOU KNOW?

Walking releases chemicals in your brain that help to boost mood and concentration.



Walking Routes @ Cobalt

Colour on map:	📍 PURPLE ▶▶▶▶▶
Length:(mins)	25
Difficulty:	Easy/Moderate
What you might see:	Butterflies, Swans, Moorhens, Small Birds, Mallards, Hazelnut, Acorn, Pine Trees and Redcurrant Bushes

Colour on map:	📍 ORANGE ■■■■■
Length:(mins)	30
Difficulty:	Easy to moderate
What you might see:	Frogs, Coots, Owls, Grey Squirrels, Rabbits, Herons, Hazelnut and Chestnut Trees

Colour on map:	📍 BLUE ●●●●●
Length:(mins)	35
Difficulty:	Moderate - Undulating incline
What you might see:	Great and Blue Tits, Goldfinches, Kestrels, Bullfinches, Owls, Juniper Berries, Hazelnut, Red Currants and Pine Trees