Walking and Riding
Walking and riding is a great way to fit physical activity into your everyday life. Think about how you travel to work or school, and how you could walk or ride for a short distance, changing the mode of transport.

To make more use of this map, try the following:

1. Look for places you never knew were near parks and community centres.

2. Each time you look for ways to get active, consider walking somewhere new. You might just find something or find somewhere that makes you stay.

3. Make it a habit to follow these tips that have helped thousands make the most of their walks and rides.

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Walking and riding is great fun and a great way to fit physical activity into your everyday life. It’s a great way to meet new people and explore the city. You can change your daily routine by walking or riding to work or school.

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