

WALK  
For  
Wellness

*Kents Hill Park*



## Wellness Walks

It's almost impossible not to feel good when we're walking outdoors – it's a natural mood-booster. The great news is we don't need to walk far or fast to feel its effects on our health and wellbeing. Simply getting out is a tonic for our minds and bodies, and it can be sociable too.

Take a walk around our well-maintained grounds, we have break out areas and shaded places to sit, which are a great place to enjoy some fresh air. Enjoy some time to clear your mind or have a chat with friends.

## Why Walk?

- Just three minutes walking reduces blood pressure.
- Five minutes improves mood.
- Ten minutes walking helps improve creativity.
- Fifteen Minutes walking after food will reduce blood sugar.

## The Route

We've mapped out a route of around one mile, just follow the yellow line on the map and this will take you past some of our ancient and notable trees and native hedgerows. You can follow this or find your own routes though our grounds and woodland or have a break in our landscaped garden.

If you would like more information on local walking routes you can find some great routes here:

