

Let's enjoy the fresh air...

The Physical Activity from the front door programme is supported by Ward Councillors from the: Almondbury, Dalton, Newsome, Ashbrow, Crossland Moor, Netherton, and Greenhead Wards. The project also enables people to become Walking and Movement And Games In Chairs (MAGIC) volunteers.

CROSLAND MOOR Walks from your front door

Get active this summer and explore your local area with our range of neighbourhood walks!

If you are in need of support,
we are here to help...



Platform 1
01484 421143
01484 535960



S2R
01484 539 531
www.s2r.org.uk
contact@s2r.org.uk



Thriving Kirklees
0300 304 5555
thrivingkirklees.org.uk



South West
Yorkshire Partnership
NHS Foundation Trust
Self referral NHS
www.kirkleesiapt.co.uk
01484 343700



Well-bean cafe
6pm until midnight.
07741 900395 (Fri-Mon)
07867 028755 (Tues-Thurs)



Andys Man Club
www.andysmansclub.co.uk
info@andysmansclub.co.uk



Huddersfield Mission
10-2pm Monday - Friday.
01484 421461

The benefits of walking

Combining walking and being in nature hold many benefits for your mental health and support your wellbeing. After a long walk, you've probably noticed how much better you feel for it.

Walking is a great form of exercise and evidence shows that regular exercise can help:

- improve your mood
- get a better night's sleep
- reduce stress and anxiety
- increase your energy
- help you to cope during difficult times
- improve your confidence and self-esteem
- reduce your risk of depression

Being in nature helps you connect to the world around you. It gives an opportunity to clear your mind of any stresses and become present. So take some time to get the family together or call a friend to enjoy a walk together and explore a new route around your local area.

About your walk
Duration: 45 mins
Steps: 3100
Kcal: 350
Distance: 2.7km
Gradient: Flat for the majority, with slight and steady inclines.
Surface: Pavement & path

Let's go for a walk!

- ↑ Scar Top Lane
Toward Scar Top
- ↑ Scar Top
- ↪ Netherton Fold
- ↪ Moor Lane
- ↪ Netherton Moor Road
- ↑ Finish

Why not take some photos on your walk and upload to Twitter: @everybodyactive
Facebook: @EverybodyActive1
#everbodyactivewalks

If you see this star sticker, do 5 star jumps!

WALKING KEY

- Flat/Downhill
- Gradual Incline
- Steep Incline
- Starting Point
- Steps

Netherton Walk

Crosland Moor Walk

About your walk

Duration: 45 mins
 Steps: 3100
 Kcal: 350
 Distance: 2.2km
 Gradient: Flat for the majority, with slight and steady inclines.
 Surface: Pavement, grass and path

Let's go for a walk!

- ↑ Head northwest
Toward Nairn Close
- ↪ The footpath
- ↪ The footpath
- ↑ Nairn Close
- ↪ Sandene Avenue
- ↪ Balmoral Avenue
First exit
- ↪ Delves Wood Road
- ↪ Moor Park Avenue
- ↪ Moor Close
- ↑ Finish

TOP TIPS Stay safe in the sun!

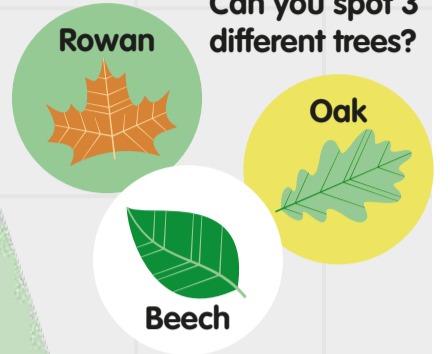
Don't forget to pack:

- Water
- Suncream
- Hat
- Sunglasses

Why not take some photos on your walk and upload to Twitter: @everybodyactive
 Facebook: @EverybodyActive1
 #everbodyactivewalks



Can you spot 3 different trees?



WALKING KEY

- Flat/Downhill
- Gradual Incline
- Steep Incline
- ↑ Starting Point
- ↕ Steps

Beaumont Park Walk

About your walk

Duration: 60 mins
 Steps: 3700
 Kcal: 370
 Distance: 3.6km
 Gradient: Flat for the majority, with slight and steady inclines.
 Surface: Pavement & path

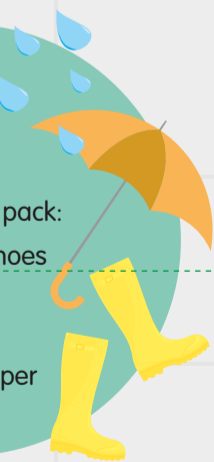
Let's go for a walk!

- ↑ Drycough Road
Toward Cromarty Drive
- ↑ The walkway
Across Beaumont Park Road
- ↪ The walkway
- ↪ The walkway
- ↪ The footpath
- ↪ The road
- ↪ The walkway
- ↪ The walkway
- ↪ The trail
- ↪ The footpath
- ↪ Beaumont Park Road
- ↪ Drycough Road
- ↑ Finish

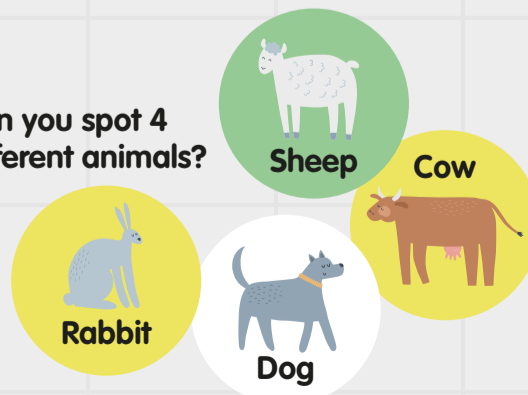
TOP TIPS Stay safe in the rain!

Don't forget to pack:

- Walking Shoes
- Raincoat
- Umbrella
- Warm jumper



Can you spot 4 different animals?



You can use apps on your phone to track your walk and count your steps!

How many steps have you done today?

