MOVE MORE HOUNSLOW **Activities** Group exercise Historic House Getting outdoors can help boost your mood and reduce anxiety **Museum** Outdoor gym Health walk Cricket wicket nationaltrust.org.uk/osterley _Gunnersbury Park Play area **Golf** Chiswick Back Common Park North Tennis court Osterley House Turnham Green and Park and South Boston Skate ramp **Manor House** Hogarth's House and Park Parkour **CHISWICK Avenue Park BRENTFORD** Hawthorn parkrun Jersey Gardens **Chiswick House** Hatch **OSTERLEY** and Gardens Games area **CRANFORD HESTON Duke's Meadow** Boating/Rowing Syon House Lampton Park **Cycling** and Park 🗱 Green Gym Thornbury St John's Gardens (Orienteering Park **Beaversfield Park Inwood Park** ISLEWORTH **HOUNSLOW** Redlees **Bedfont Recreation CHECK OUT OUR TOP TIPS!** (Ground Choose activities you enjoy **Hounslow Heath** Set simple goals and make a plan Feltham Park **Northumberland River** Start slowly and pace yourself Discover a great range of local walks Wear comfortable clothes force.org.uk/discover **BEDFONT** Stay hydrated **River Crane** cranevalley.org.uk **Bedfont Lane Open Space** Feltham Pond Crane Park St Dunstan's

Set simple goals and make a plan

For:

For:

ACTIVITY PLANNER will: brisk walk to the park On: Tuesday **At**: 10am will: On: At: will: At:

Gradually build up to 150 minutes per week. You can count activity that lasts 10 minutes or more!

How many minutes have you been active this week





Park

HANWORTH

Country Park





ACTIVE

Track and

gradually increase

vour levels of brisk walking With: friends

With:

With: