

Wellbeing Walk

Locations	Staff House reception
Date(s)	Wednesday 27th November 2013 (13:00-14:00)
Contact	If you have any queries, please contact Trevor Shields ext 57890 t.c.shields@bham.ac.uk (mailto:t.c.shields@bham.ac.uk)
Download	Add to Calendar (/events/disability-focus/Sport-and-exercise/wellbeing-walk.aspx?ical=true)

Get away from your desk and embrace the mental health benefits of a lunchtime walk!

Physical activity is good for your mental health as well as your physical fitness. In addition to releasing chemicals in your brain that make you feel good, regular exercise can also boost your self-esteem and help you concentrate, sleep, look and feel better.

Meet at Staff House reception at 1pm on 27th November for a stroll around campus with colleagues from across the University. The walk will be at a comfortable pace and last around 40 minutes, route depending on weather. Please wear sensible shoes and weather appropriate clothing!

If you have any queries, please contact Trevor Shields ext 57890 t.c.shields@bham.ac.uk (<mailto:t.c.shields@bham.ac.uk>)

