



Walking for Health



What walking activities are taking place around the borough?

Walking Football

Wednesday 11.30am to 12.30pm

Becontree Heath Leisure Centre

Free for 60+ members
Leisure Centre Members.
Charge for others

Led Walk

Friday 10am

60 to 90 minutes

Eastbrookend Country Park – meet millennium Centre

FREE!

Streets Apart Walk!

Tuesday 10am to 11am

Meet at Park Active Age Centre, Rectory Road, Dagenham

Talking Therapies Walk

Wednesday 12noon

45 to 60 minutes

Meet Church Elm Lane Medical Centre

Walk up to Dagenham Church Yard and over to Beam Valley Country Park

Free

For more information contact:
Matthew.Chapman@nelft.nhs.uk

Street Tag Special Tags – COMING SOON!

Saturday 10am

Different Parks around the Borough

Meet up with other players

Free – check website for up to date locations

www.streettag.co.uk

Street Tag

Street Tag is a gamified healthy lifestyle app that promotes and enhances community-wide participation in physical activities

Earn points from physical activities indoor and outdoor walking, cycling or running to collect virtual tags and convert your steps into points

Get rewards and win prizes such as amazon vouchers

Install the app, create a team and join the leaderboard to begin your Street Tag journey

For more information go to www.streettag.co.uk

For more information please contact:

Healthy Lifestyles Team

Healthy.lifestyles@lbbd.gov.uk

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