

# Your health matters

## CHOOSE WALKING AND CYCLING

and be part of Suffolk's COVID-19 recovery

YOU'LL  
FEEL:



Happier



Healthier



Fitter



Greener



STICK WITH IT  
SUFFOLK

**Find out about** all the things we have put in place to make it safer and easier for you to walk and cycle at:  
[www.suffolk.gov.uk/walkingandcycling](http://www.suffolk.gov.uk/walkingandcycling)

**Start your journey** to better health at:  
[www.nhs.uk/better-health](http://www.nhs.uk/better-health)

 **Suffolk**  
County Council

KEEP  
**MOVING**  
SUFFOLK

[www.keepmovingsuffolk.com](http://www.keepmovingsuffolk.com)