



What can I do at the park?



Walking



Running



Cycling



Basketball



Children's Play Area



Football



Oadby & Wigston
BOROUGH COUNCIL



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING



Activities for Families



ispy

What can you spot in the park?

- A sign
- The widest tree
- A gate
- Something orange
- The highest point you can climb
- Somewhere you can have a party or meeting
- A goal
- A circle
- A hedge



Traffic Lights

Find some space in the park and play a game of traffic lights. This game is about moving around at different speeds and in different ways. Nominate one person to be the traffic light and call out different colours. Everyone needs to do the action relating to the colour. (Red - stop, Yellow - walk, Green - run).

What other colours or actions could you add in? Actions for the emergency services? A lorry or super speedy race car? Purple means skipping – it's up to you.

Activities for Adults

NHS Strength and Flex

Although it's important to use cardio (walking, running etc) activities to exercise, we should also do regular strength and flexibility sessions to help keep us moving.

The NHS Strength and Flex podcast is designed to help you build some regular strength and flexibility activities into your life. To find out how to download the podcast visit:

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>.

You can do the sessions anywhere you feel comfortable, you just need space to walk about freely.

The podcasts are designed to be listened to 3 times a week for 5 weeks, but you can do them at your own pace and move on once you're ready.

Distance around the park

0.27 miles or 0.43 kilometres

Address

Leicester Road, Wigston, LE11 1HQ

Bus Stops

47, 47A, 48, 48A, 49

(Please note bus provisions may change, please check with local providers)

Parking

There is a free parking available.
(Please check restrictions when parking)

Facilities

- No public facilities are available.
- No café available onsite but local businesses are around the park.

[Google map location](#)

 @activeoadbywigs

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Information correct as of February 2021.

For more information about our other parks and how to get active visit <https://www.activeoadbywigston.org.uk/>