

William Gunning Park



What can I do at the park?



Walking



Running



Cycling



Children's Play Area



Oadby & Wigston
BOROUGH COUNCIL



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



Activities for Families



ispy

What can you spot in the park?

- A fence
- A sign post
- A bin
- Something you listen to
- The shortest tree
- Something made of metal
- A circle
- Something red
- A window



License Plate and Sign Post Game

Why not use your walk to the park to see if you can spot all the letters of the alphabet using license plates and/or signposts? You can play this by yourself, in partnership with the people you are walking with or as a competition against them.

Start with the letter A and work your way through the alphabet, by using number plates that you walk past or drive by. Use a number plate only once. If playing against someone, only one of you can use the license plate. If playing with someone, why not take it in turns? UK license plates do not have the letters I or Q!

Instead of using license plates, you could use signs that you walk past instead or a mix of both.

Activities for Adults

Circuit Training

Circuit training is a mix of different activities that you work your way around. You can set the activities at a level that is comfortable for you, and suitable for your fitness level and ability. Some ideas include shuttle walks/runs/sprints, star jumps, high knees, step ups, squats, push ups, skipping and many more.

When designing your circuit, you need to include a mix of activities: some cardio based (running, skipping etc) and some strength/flexibility based

(push ups etc). Mix up the muscle groups you're using – don't do all of the leg based exercises together.

You can either time your activities (e.g. 60 seconds work and then include a break as you rotate round), or do a set number (e.g. 15 push ups).

Remember to build things up as you go along and if you are not sure of activities or your fitness levels speak to your GP or a fitness professional.

Distance around the park

0.43 miles or 0.69 kilometres

Address

Gloucester Crescent, Wigston, LE18 4YE

Bus Stops

44

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

[Google map location](#)

Parking

There is no parking available

Facilities

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

 @activeoadbywigs

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