

Are the **winter blues** already getting you down?

Are the **colder temperatures** making you feel tired
and sluggish?

Did you know that walking regularly is an easy way
to beat these feelings?

Here's something to help you face the **freezing winter**
months. **On Thursday 21st October 2010** Walkit.com,
the internet based urban walking route planner is being
launched in Bury.



Walkit.com provides information for you to move around
Bury on foot more easily by providing a walking route
map and lots more information.

<http://walkit.com/cities/bury>

So if you want a quick lunchtime circular stroll or a
direct route between two locations just click on the link
above. It's quick, free, healthy and green.