**Revitalise your senses and go for a walk. Talk about….**

[](https://www.google.co.uk/url?sa=i&url=https://novakdjokovicfoundation.org/the-benefits-of-walking-for-children/&psig=AOvVaw0Es3eBPHeoA91VXqAWvFjo&ust=1584705081457000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOi3mM68pugCFQAAAAAdAAAAABAE)

