

# Llwybrau Llawendrindod Llandrindod Wellness Routes



*Cerdded, loncian, rhedeg, eich dewis chi am Iechyd Da*

Bwriad Llawendrindod yw sicrhau fod pobol yn cadw'n heini er mwyn gallu mwynhau bywyd. Mae ymarfer corff sawl gwaith yr wythnos yn gallu lleihau'r risg o salwch difrifol.

*Walk, jog, run to Wellness*

Llandrindod Wellness is all about getting out and getting active so that you can enjoy life. Exercising several times a week can reduce your chances of major illness.

*Rhannwch hwb i bobol eraill*

*Encourage others*

Rhannwch eich stori yma er mwyn annog pobol eraill:

Encourage others by sharing your story here:



Llandrindod Wellness

Cefnogir gan / supported by



LLANDRINDOD WELLS



arwain







# #Llawendrindod #LlandrindodWellness

Cefnogir gan  
Supported by



Bob tro ry' chi'n cwblhau'r daith 5km, ry' chi'n gwella eich ffitrwydd a'ch iechyd! Ardderchog !

Each time you complete the 5km route, you are improving your fitness and getting healthier! Brilliant!

5km o amgylch y dref, gallwch chi gyrraedd 500km?  
5km around the town, can you reach 500km?

|     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 5   | 10  | 15  | 20  | 25  | 30  | 35  | 40  | 45  | 50  |
| 55  | 60  | 65  | 70  | 75  | 80  | 85  | 90  | 95  | 100 |
| 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 |
| 155 | 160 | 165 | 170 | 175 | 180 | 185 | 190 | 195 | 200 |
| 201 | 210 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 |
| 255 | 260 | 265 | 270 | 275 | 280 | 285 | 290 | 295 | 300 |
| 305 | 310 | 315 | 320 | 325 | 330 | 335 | 340 | 345 | 350 |
| 355 | 360 | 365 | 370 | 375 | 380 | 385 | 390 | 395 | 400 |
| 405 | 410 | 415 | 420 | 425 | 430 | 435 | 440 | 445 | 450 |
| 455 | 460 | 465 | 470 | 475 | 480 | 485 | 490 | 495 | 500 |

Lliwiwch y sgwariau wrth i chi fynd ymlaen! Colour in the squares as you go!



Dilynwch yr arwyddion coch!  
Follow the red signs!

