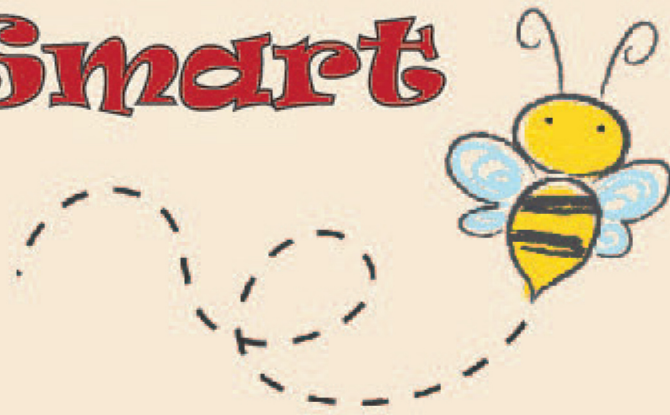


# Three Little Bees

## Bee Smart



A walk from Limerick City to LIT takes **30min** & ONLY **10min** cycling

Walk **30min** a day, to burn **150kcal** extra & boost your mood INSTANTLY

## Bee Fit



**20min** walk each day reduces the risk of heart diseases by **30%** & **increases energy**

## Bee Healthy



Bee Smart  
Travel Smart with LIT