

Fit for life

Walking gives you a relaxing start to the day and is easy to fit into your daily life. It is a superb way of relieving stress and many people find a walk is a great way of winding down.

Getting started

You may already be doing some activity but know you should be doing more, regular walking is an excellent way of gently stepping up your activity. Why not try walking to work instead of getting the bus or leave the car at home and walk to the station. You may wish to go for a walk at lunchtime or walk to the local shops.

Isn't walking too easy? Shouldn't I be exercising hard to get fit?

It depends on how fit you want to get! If you get fit for sport then yes you need to work hard but the major health benefits can come with lighter exercise as long as you do it **regularly** and do **enough**. The latest scientific evidence shows that health benefits will begin to arise if you burn off at least 2,000 calories a week by exercising, or doing 10,000 steps a day.

It all adds up

Is a 100 calorie walk really worthwhile when the energy could be replaced by one cream cake? But imagine you added some walking to your journey in and out of work each day. Walking for short trips regularly it all adds up.

For example:

St.Helens Listed building route (based on 11st person)

	Daily	Weekly	Monthly	Yearly
Calories	144	720	3120	37440
Steps	3900	19500	84500	101400

37,440 calories a year, which means nearly 11lb of body fat.

Work out your calorie count

Weight	10 mins	20 mins	30 mins	40 mins
7st 12lbs	29	58	86	115
9st 6lbs	35	69	104	138
11st 0lbs	40	81	121	161
12st 8lbs	46	92	138	184
14st 3lbs	52	104	156	208
15st 10lbs	58	115	173	231

The numbers show the calories burnt, based on flat terrain which is of a good, consistent hard surface like a pavement. Numbers are based on an average person.

Useful Contacts

Health Improvement Team: 01744 697432
 St.Helens Rangers' Stations:
 Sankey Valley: 01744 677772 Mesnes Park: 01925 229021
 Sherdley Park: 01744 833450 Taylor Park: 01744 458073
 St.Helens Council: 01744 676789
 If you would like to join short led walks in the area then why not contact the 'Get Yourself Lively...Walking' programme on 01744 697433



The Walks

Route 1

Lunch Time Route Circular
 Town Hall Square - Hardshaw St - Church St - Market St - Chalon - Canal towpath - Parr St - Church St - Hardshaw St - Town Hall Square

Steps 3300
Time Approx 30 minutes



Route 2

Listed Building Route Circular
 Queen Victoria Statue 21 (Town Hall Square) - Corporation St - Church of the Holy Cross 22 - Shaw St - George St Quarter - Parr St - Friends Meeting House 18 - Hall Lane - Church Square Church of St.Helen 17 - Ormskirk St - Westfield St - Beechams Building - 20 Lowe St - Crab St St Mary Low House - North Rd - Corporation St - Town Hall Square

Steps 3900
Time Approx 40 minutes



Route 3 (college links) - ONE WAY

Train Station to St.Helens College Technology Campus
 St.Helens Central Train Station - Shaw St - Hall St - Standish St - St.Helens College Technology Campus

Steps 1200
Time Approx 10 minutes



Route 3 (college links) - ONE WAY

Train Station to St.Helens College Town Centre Campus
 St.Helens Central Train Station - Bickerstaffe St - Hardshaw St - Church St - Bridge St - Brook St - St.Helens College Town Centre Campus

Steps 900
Time Approx 10 minutes



Route 3 (college links) - ONE WAY

St.Helens College Town Centre Campus to St.Helens College Technology Campus
 St.Helens College Town Centre Campus - Brook St - Bridge St - Church St - Hardshaw St - Bickerstaffe St - Corporation St - Hall St - Standish St - St.Helens College Technology Campus

Steps 2100
Time Approx 20 minutes



Route 4 - ONE WAY

Primary Care Trust Links
 Town Hall Square - Corporation St - North Rd - Victoria Park - Cowley Hill Lane - Balker Drive - Halton & St.Helens PCT

Steps 1950
Time Approx 20 minutes



Route 4 - ONE WAY

Primary Care Trust Links
 Balker Drive - Cowley Hill Lane - Boundary Lane - The Queens Recreational Ground - Dilloway St - Greenall St - Rivington Centre

Steps 2100
Time Approx 20 minutes



Route 5 - ONE WAY

Public Art Walk
 Chalon Way 8 - Water St - Waterloo St 11 - Brook St - Baldwin St - Claughton St - Victoria Sq 21 - Corporation St 10 - Hall St 23/24 - Bickerstaffe St - Haydock St - George St 25 - Shaw St - Chalon Way - World of Glass 15

Steps 2500
Time Approx 25 minutes

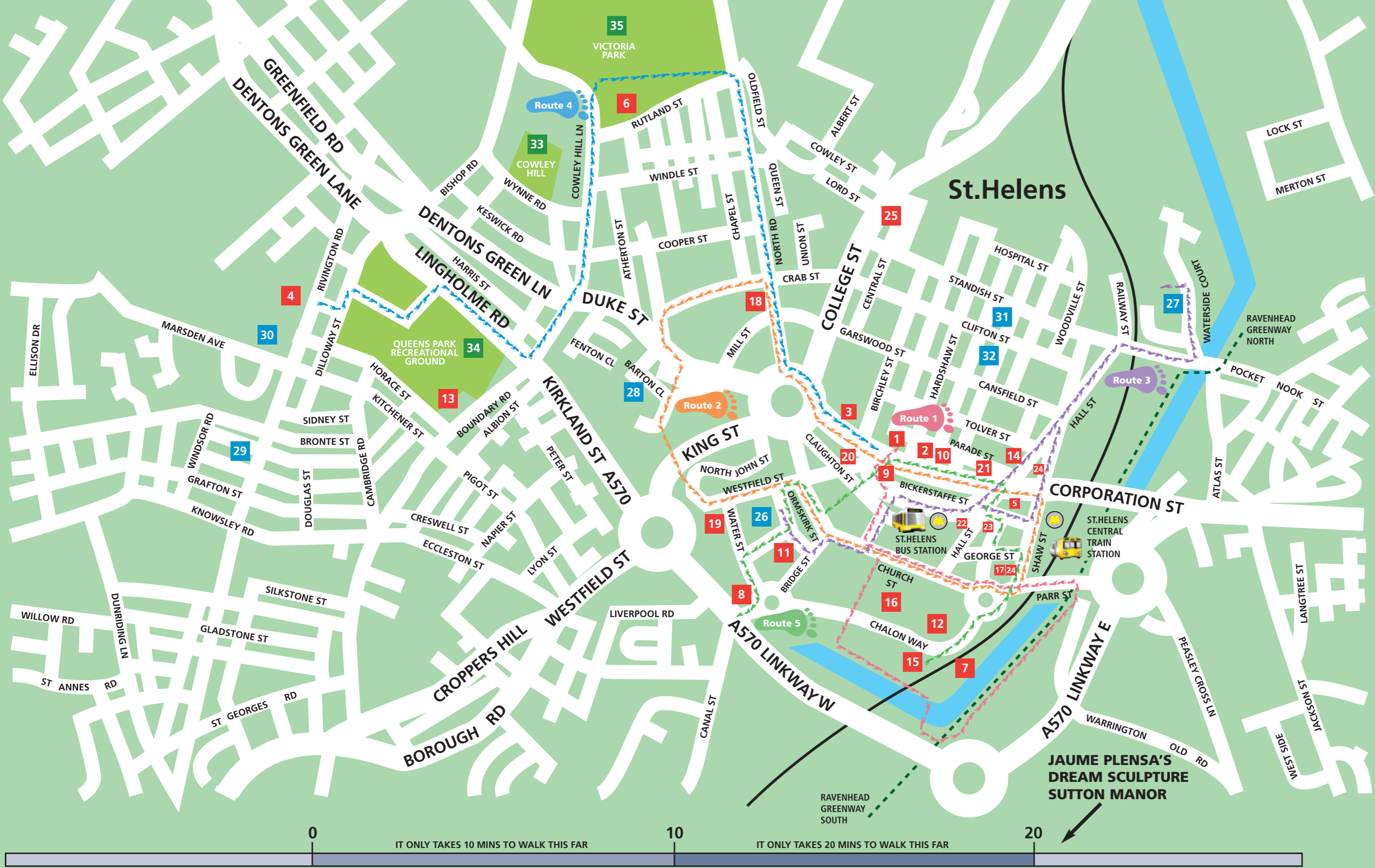


Travelwise is a great way to enjoy the area and stay healthy with your Travelwise calorie map its' easy and fun. Travelwise is the Merseyside Transport Partnership's campaign to help people on Merseyside make sustainable travel choices. The Merseyside Transport Partnership consists of Merseytravel and Knowsley, Liverpool, Litherley, Seton, St Helens and Wirral Councils. Fitting walking into a busy life To get health benefits from walking you only need to walk briskly for 30 minutes, 5 days a week. If it suits you to do 3 sessions of 10 minutes a day that's just as good. Or try building up gradually to 10,000 steps a day. Reward yourself Keep your motivation going by rewarding yourself after a month of regular walking. How about adding up the petrol money you have saved and buy yourself a treat. Produced in conjunction with Chelsea School, University of Brighton. www.LetsTravelWise.org



St.Helens Walking Map

Whether at work or leisure, walking your way to 30 minutes of exercise a day is easy.



Places of Interest

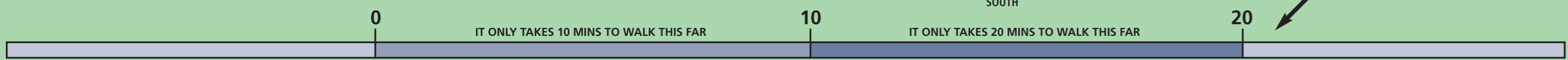
- 1 St. Helens Town Hall
- 2 St. Helens One Stop Shop
- 3 Magistrates Court
- 4 Rivington Centre
- 5 Millennium Centre (Coloured Glass Mural)
- 6 Cowley Hill / Halton & St. Helens PCT
- 7 St. Helens Chamber Of Commerce
- 8 Cineworld (Movie Themed Railings)
- 9 Library
- 10 St. Helens Theatre Royal (Building Frontage)
- 11 The Citadel Theatre (Pavement Mural)
- 12 St Mary's Market
- 13 Queens Park Leisure Centre
- 14 North West Museum of Road Transport
- 15 The World Of Glass (Exhibitions)
- 16 Church of St Helen (Listed Building)
- 17 Friends Meeting House (Listed Building)
- 18 St Mary Low House (Listed Building)
- 19 Beechams Tower (Listed Building)
- 20 Queen Victoria Statue (Listed Building)
- 21 The Church of the Holy Cross (Listed Building)
- 22 The Millennium Needle (Sculpture)
- 23 5a The Gallery (Exhibitions)
- 24 George St Quarter Monoliths (Sculpture)
- 25 Darkstar Laser Arena

Schools / Colleges

- 26 St. Helens College
- 27 St. Helens Technology Campus
- 28 St Mary and St Thomas CE Primary School
- 29 St Teresas Catholic Primary School
- 30 Queens Park CE Primary School
- 31 Parish CE Primary School
- 32 Holy Cross Catholic Primary Schools

Parks

- 33 Cowley Hill
- 34 Queens Park Recreational Ground
- 35 Victoria Park



Key

- Route 1: Lunch Time Walk
- Route 2: Listed Building Walk
- Route 3: College Links
- Route 4: Primary Care Trust Links
- Route 5: Public Art Link