

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:

Route 4 - New Strand to Hugh Baird College return (based on 11st person)

28,860 calories a year, which means nearly 9lb of body fat.

	Daily	Weekly	Monthly	Yearly
Calories	111	555	2405	28860
Steps	3280	16400	71067	852800

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 Contact

For information on other walks telephone Stephanie Boote, Health Walks Co-ordinator Telephone: 0151 934 2824.



The Walks

Route 1

Stanley Road and Recreation Ground Circular

Stanley Road - Recreation Ground - South Park Way - University Road - Trinity Road - Stanley Road

Steps 2690

Time Approx 24 minutes



Route 2

New Strand Station to HSE Building in Pembroke Road and return

Washington Parade - Pembroke Road

Steps 2090

Time Approx 19 minutes



Route 3

Oriel Road Station to University Road Junction and return

Oriel Rd Station - Balliol Road - onto University Road Junction

Steps 2610

Time Approx 23 minutes



Route 4

New Strand Station to Hugh Baird and return

New Strand Bus Station - The Strand - Stanley Road - Hugh Baird College

Steps 3280

Time Approx 29 minutes



Route 5

Kirkdale Station to Stanley Road and return

Kirkdale Station - Marsh Street - Miranda Road - South Park Way - Balliol Road - Stanley Road

Steps 3730

Time Approx 33 minutes



Route 5

Kirkdale Station to Stanley Road and return

Kirkdale Station - Westminster Road - Hawthorne Road - Balliol Road - Stanley Road

Steps 3280

Time Approx 29 minutes



Route 6

Stanley Road and Derby Park circular

Stanley Road - Park Street - Litherland Road - Waterworks Street - Derby Park - Oxford Road - Trinity Road - Stanley Road

Steps 3880

Time Approx 35 minutes



www.LetsTravelWise.org

Produced in conjunction with Chelsea School, University of Brighton.

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.

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.

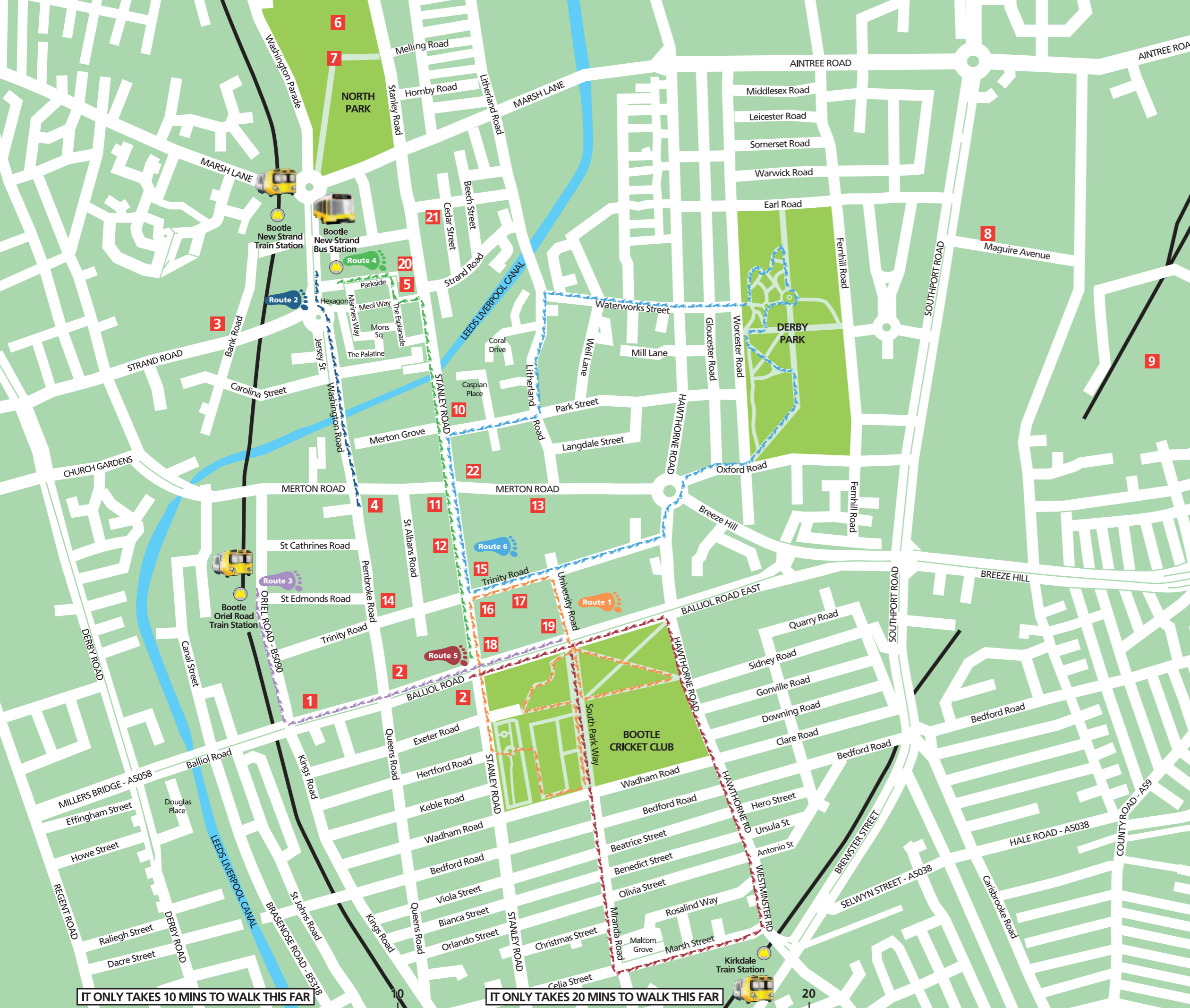
TravelWise is the Merseyside Transport Partnership's campaign to help people on Merseyside make sustainable travel choices. The Merseyside Transport Partnership consists of Merseytravel and Knowsley, Liverpool, Setton, St Helens and Wirral Councils.

Walking is a great way to enjoy the area and stay healthy with your TravelWise walking map its 'easy and fun.



Bootle Walking Map

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



Places of Interest

- 1** Town Hall
- 2** Hugh Baird College
- 3** TA Centre
- 4** Health & Safety Executive Building
- 5** The Strand
- 6** May Logan Centre
- 7** Bootle Leisure Centre
- 8** Bootle Football & Tennis Centre
- 9** Walton Hospital
- 10** Bootle Library
- 11** Merton House
- 12** St Martin's House
- 13** St John's House
- 14** Daniel House
- 15** St Hugh's House
- 16** Linacre Court
- 17** Magdalen House
- 18** Balliol House
- 19** St Peter's House
- 20** Triad
- 21** One Stop Shop
- 22** Magistrates Court

Key

	Route 1
	Route 2
	Route 3
	Route 4
	Route 5
	Route 6

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IT ONLY TAKES 10 MINS TO WALK THIS FAR

IT ONLY TAKES 20 MINS TO WALK THIS FAR

