

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 1 - Chapel Street Station to Victoria Park return (based on 11st person)
30420 calories a year, which means nearly 9lb of body fat.

	Daily	Weekly	Monthly	Yearly
Calories	117	585	2535	30420
Steps	4850	24250	105083	1261000

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

Chapel Street Station to Victoria Park and return
Chapel Street Station - Lord Street - Victoria Way - Victoria Park

Steps 4850
Time Approx 43 minutes



Route 2

London Street to Esplanade and return
London Street - Houghton Street - Union Street - Lord Street - Lower Prom - Esplanade

Steps 6720
Time Approx 60 minutes



Route 3

Chapel Street Station to Marine Drive Loop
Chapel Street Station - Marine Parade - Marine Drive - Fairway - Promenade - Station

Steps 6580
Time Approx 62 minutes



Route 4

Chapel Street Station to Southport District General Hospital and return
Chapel Street Station - Eastbank Street - Scarisbrick New Road - District General Hospital

Steps 8060
Time Approx 72 minutes



Route 4

Chapel Street Station to King George V College and return
Chapel Street Station - Eastbank Street - Scarisbrick New Road - King George V College

Steps 6870
Time Approx 61 minutes



Route 4

Chapel Street Station to Infirmary and return
Chapel Street Station - Eastbank Street - Scarisbrick New Road - General Infirmary

Steps 4930
Time Approx 44 minutes



Route 5

Loop from Promenade
Promenade - Park Road West - Albert Road - Leicester Street

Steps 3060
Time Approx 27 minutes



Route 6

Chapel Street Station to Promenade and return
Chapel Street Station - Eastbank Street - Lord Street - Kingsway - Promenade - Left over the water - Left - Left again to get back to the Promenade - Eastbank Street - Station

Steps 3810
Time Approx 34 minutes



Route 7

Eastbank/Lord Street Junction to Leicester Street loop
Eastbank/Lord Street Junction - Lord Street - Leicester Street - Promenade - Nevill Street - Lord Street

Steps 3280
Time Approx 29 minutes



Route 8

Chapel Street Station to Southport College and return
Chapel Street Station - Chapel Street - Houghton Street - Mornington Road

Steps 1640
Time Approx 15 minutes



Route 8

Lord Street to Southport College and return
Lord Street - Chapel Street - Houghton Street - Mornington Road

Steps 2240
Time Approx 20 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, Sefton, St Helens and Wirral Councils.

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



Southport Walking Map

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





Key

Route 1:	Route 2:	Route 3:	Route 4:
Route 5:	Route 6:	Route 7:	Route 8:

Places of Interest

- 1 Eco Visitors Centre
- 2 Vue Cinema
- 3 Dunes Splash World
- 4 Theatre & Floral Hall Complex
- 5 Model Railway Village
- 6 Southport College
- 7 King George V College
- 8 Southport General Infirmary
- 9 Southport District General
- 10 Town Hall
- 11 Library
- 12 Art Gallery
- 13 Cumberland House

Hotels

- 1 Best Western Royal Clifton Hotel
- 2 Prince of Wales Hotel
- 3 Ramada Plaza
- 4 Bold Hotel
- 5 Scarisbrick Hotel
- 6 Metropole Hotel
- 7 Premier Travel Inn (Ocean Plaza)



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