

Get Doncaster Walking

# walk 4 life

Why walking is good for you

**Keeps you healthy**

**Good for bones and muscles**

**Builds up stamina**

**Burns calories**

**Helps beat stress**

**Sociable activity**

For **useful tips** on  
how to eat well, move more and live longer  
visit **[www.nhs.uk/Change4life](http://www.nhs.uk/Change4life)**

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## Facts

- Studies have found that taking a regular brisk walk can halve the risk of developing coronary heart disease and stroke.
- Walking 1 mile burns over 100 calories.
- Walking 1½ miles a day reduces carbon dioxide emissions by around 130kg a year.
- Pollution inside a car can be 3 times higher than outside on the pavement.
- The average person could save £160 a year by walking instead of driving to school or work.

## Tips

- Make sure that you are wearing comfortable clothes and shoes.
- Wear thin layers rather than one thick layer and make sure you have a waterproof coat.
- Take some water and healthy food if you are going on a long walk.
- A small backpack is more comfortable to walk with and is better for your back than an ordinary bag.
- Choose routes that are well used and well lit if you walk at night.

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- Take a mobile phone or tell someone where you have gone if you are going on a long walk.
- Take care on busy roads and road crossings.
- Look out for local maps, routes and guides in libraries and community centres.
- Take a friend or family along and have a natter while you walk.

## Fit it in

- Get off the bus a stop earlier.
- Park the car further away from the supermarket entrance.
- Take the stairs instead of the lift
- Fit a walk in to your lunchtime
- Walk if your journey is less than a mile.
- Walk the children to school.



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## Local Walking Opportunities

### Walking for Health - Doncaster

Free short organised walks of 3 miles, or less than an hour, designed with health in mind. They take place at Askern, Sandall Beat Wood, Thorne, Dunsville Quarry Park, Norton, Woodlands and Hatfield Moor.

Call 01302 737616 or visit [www.doncaster.gov.uk/walking](http://www.doncaster.gov.uk/walking)

### Countryside Team

Doncaster Council provides a series of varied events to help you explore Doncaster's countryside, wildlife and heritage including regular walks through the year. Call 01302 300798 or visit [www.doncaster.gov.uk](http://www.doncaster.gov.uk).

### Doncaster Ramblers Group

Doncaster's Ramblers Group walk twice a week throughout the year and three times in the summer. Call 01302 783613 or visit

[www.doncasterramblers.org](http://www.doncasterramblers.org) Email: [cspramblers@talktalk.net](mailto:cspramblers@talktalk.net)

### Buggyfit and Buggywalks

A fun way for mums to get back into shape after their new arrival.

Available in Cusworth, Armthorpe and Balby. Call 01302 737616 or visit [www.doncaster.gov.uk/walking](http://www.doncaster.gov.uk/walking)

### Nordic Walking

Learn about Nordic Walking and its many benefits for health while enjoying beautiful surroundings. Sessions are available at Bentley and Brodsworth Community Woodland. Contact Forestry Commission England on 01302 820278 or visit [www.forestry.gov.uk/forestry/INFD-77GK5Y](http://www.forestry.gov.uk/forestry/INFD-77GK5Y)

### Volunteer Walk Leader Training

Do you fancy becoming a walk leader? We can provide nationally accredited training free for volunteers who would like to set up their own walk or help an existing walk. To book a place call 01302 737616.