

walkwise

WALK THIS WAY!



• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL





The Benefits of Walking:

Walking is the most natural and simple form of movement and an excellent all-round way of getting regular exercise.

Just 5 Reasons

Walking is **great for your health:**

- Health professionals recommend 30 minutes moderate exercise a day to maintain a basic level of fitness: walking is one of the easiest ways to incorporate it into busy daily routines.
- Regular walking can help control your weight, keep you in good shape and reduce the risk of heart disease, strokes, hypertension (high blood pressure), osteoporosis, depression and lower back pain.
- Regular walking can also help to maintain your immune system, increase energy levels, manage weight, burn calories, cut cholesterol, reduce stress and improve sleep, mood and general quality of life.

Walking is **time well spent:**

- For short trips, walking can be the quickest way of getting around. Usually, walking up to 400metres (about 5 minutes) will be quicker than driving: by the time you've found the parking space and walked to your final destination.



- For other trips it may take longer, but consider how enjoyable it is compared to the stress of driving.
- Research shows that children who walk to school are more alert and ready to learn than those who were driven there.



Walking is **great for the environment:**

- Walking doesn't pollute. Car users regularly suffer up to three times as much air pollution in their cars as pedestrians when they are sitting in traffic.

Walking is **good for your community:**

- By walking to the local shops, instead of driving to those further away, you are supporting the local economy.
- The more people there are on the streets, the safer they will feel.



And best of all, walking is **FREE!**

How to build Walking into your Daily Routine:

- Gradually build up your pace and the distance you walk. Time how long it takes to make regular journeys and see if you can reduce it.
- Walk short journeys, for example to the local shops or school.
- Try walking on some regular trips, such as to work. If time is a problem, try doing it just once or twice a week. If it's too far try going for a walk at lunchtime.
- If catching the bus, try getting off a stop earlier.
- Explore some of the leisure walking opportunities in and around Edinburgh. See the Edinburgh Walkabout Guide for more information. Check out the Water of Leith Walkway, or if you're feeling really energetic take yourself off into the nearby hills with the Edinburgh Seven Hills Map.

Did You Know:

- 1 in 4 people walk to work in Edinburgh. (Why not join them?)
- Walking a mile uses the same number of calories as running a mile
- The distance people walk in the UK has declined from 244 to 190 miles per year over the last 20years.
- At the same time, the number of adults who are clinically obese has almost doubled and childhood obesity is rapidly rising too.
- Significant measures have been taken to make the city more people friendly, with less traffic in the centre and more pedestrian zones.



Optimum² is all about providing residents of Edinburgh with the information needed to make sensible travel choices. To find out more about how walking can work for you, or someone you know, please check out the Optimum² website, www.clevercommuting.info. This website also contains a map that shows bus routes and local services in your area. You can use it to plan trips in advance and take more advantage of things that are just walking distance away.

