

Walking routes from St Martin's Community Centre



**Be
Active.**

**The Health
Improvement
Commission**

Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%
Reduces your chance of		
Some is good, more is better	Make a start today: it's never too late	Every minute counts

Be active



UK Chief Medical Officers' Physical Activity Guidelines
2019

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For more ideas on other ways to be
active, check out these resources



more people
more active
more often

Approx:
0.25 miles,
5 minutes

Approx: 0.7 miles,
14 minutes



**Approx: 1.1 miles,
22 minutes**



**Approx: 0.5
miles, 10
minutes**

Don't forget to tag The Health Improvement Commission and St Martin's Community Centre on socials to show us pictures of you out on your walks



**The Health
Improvement
Commission**



**Approx: 1.5 miles,
30 minutes**

Benefits of walking.

Walking can help to:

- Improve cardiovascular fitness
- Strengthen bones
- Elevate your mood
- Enhance cognitive function
- Improve sleep
- Support your immune system