

Healthy walks around the New Forest

Walking is a good form of exercise. Healthy walks make it easier to exercise as part of your normal day. Regular brisk walks will increase your heart rate, making you warm and slightly out of breath. Start slowly, enjoy the fresh air, and gradually build up to the recommended 30 minutes a day.

The benefits of regular brisk walking include

- Reduces the risk of heart disease
- Keeps your heart strong
- Reduces or maintains your weight
- Reduces blood pressure
- Tones your muscles
- Relaxation and enjoyment

Calories used when walking

Weight (stones)	8	9.5	11	12.5	14	15.5	17
Calories used after walking 1 Mile	64	79	93	107	120	136	152

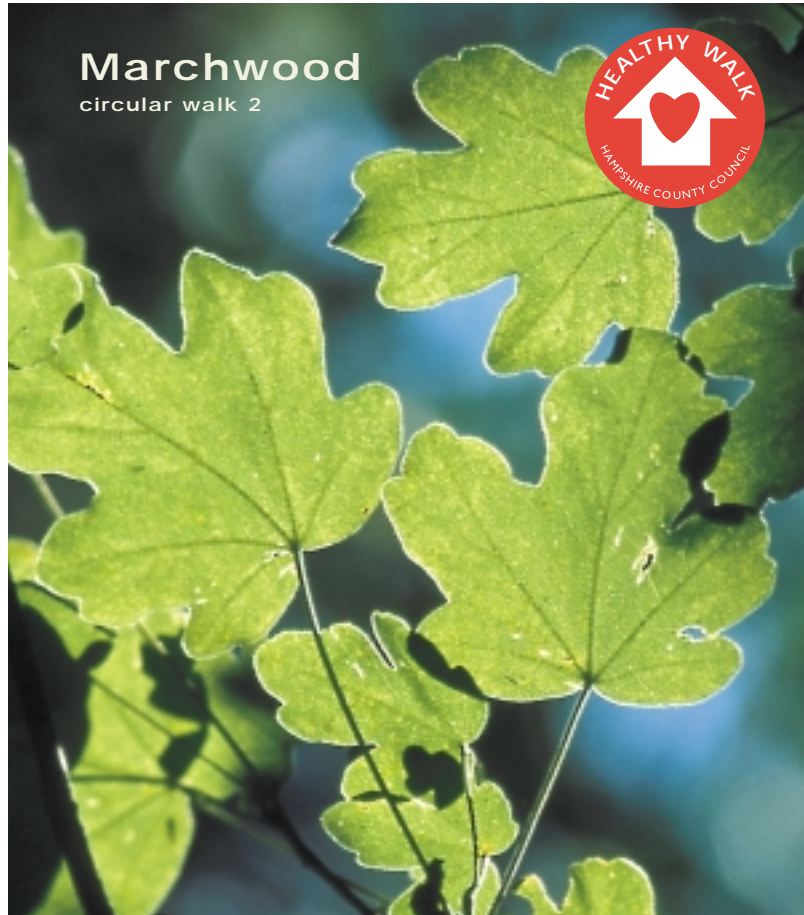
If you are taking medication, recently had an operation or in any doubt about your ability, please consult your doctor.



If you require this leaflet in large print
telephone 01962 847181

Marchwood

circular walk 2



Healthy walks around the New Forest

Distance: 1 1/2 km (1 mile)

Duration: 20 minutes

Places of interest: Crookedhays Copse, Millennium flowerbed.

