Walking is one of the healthiest activities that you can do for yourself. Evidence says that regular walking can help you to improve your fitness, aid weight loss, reduce your risk of heart disease, diabetes, stroke and osteoporosis, keeping your joints and muscles mobile and supple and reducing your risk of heart disease, diabetes, stroke and osteoporosis.

WHY
Walking

Walking is one of the healthiest activities that you can do for yourself. Evidence says that regular walking can help you to improve your fitness, aid weight loss, reduce your risk of heart disease, diabetes, stroke and osteoporosis, keeping your joints and muscles mobile and supple and give you a more positive outlook. You can expect the following positive changes to your body by walking:

- **Enhanced posture** may reduce blood pressure
- **Improved cardiovascular fitness**
- **Fewer colds and other infections**
- **Improved sleep**
- **Improved heart muscular function**
- **May reduce cholesterol**
- **Less anxiety and depression**
- **Greater resilience to stress**
- **Improved digestion**
- **Improved metabolism**
- **Greater efficiency to burn fat**
- **Reduced back pain** - strengthens your back
- **Strengthening of bones and joints to become more mobile**
- **Reduced body fat** - it burns calories
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### WALKING GOALS

#### Health Maintenance
Maintaining your bodily health with regular physical activity and improving your mood, focus & motivation.

Duration of walk & walking pace
- **Stroll**
  - 20-30 minutes
  - Most days of week

#### Functional Fitness
Improve your flexibility - suppleness and mobility in your body. Your back, legs, bones & abdominals will be strengthened.

Duration of walk & walking pace
- **Brisk Walk**
  - 20 minutes
  - 2-3 times a week

#### Cardiovascular Fitness
Improve your stamina - VO2 max. Improved heart & lungs & circulation function. Lowers risk of heart attack, high blood pressure & developing diabetes.

Duration of walk & walking pace
- **Brisk Walk**
  - 20 minutes
  - 3 times a week

#### Weight Management
Aids reduction of your overall body fat because you are burning more calories than usual by increasing your activity rate when walking.

Duration of walk & walking pace
- **Power Walk**
  - 30 minutes
  - As many days as possible

### PERSONAL SAFETY
- **WARM UP**
  - Warm up your joints by gradually increasing your walking pace.
  - Walk at a comfortable pace for a few minutes before you start.

- **STRETCH**
  - Primarily stretching your calves, thighs & hamstrings.
  - Stretch out as and when needed, before and after your walk.

- **COOL DOWN**
  - An easy walking pace near the end of your walk.

- **FLUIDS**
  - Carry a bottle of water - to keep yourself hydrated.

- **CLOTHING**
  - Wear comfortable shoes, preferably trainers.

- **PERSONAL SAFETY**
  - Keep to busy - populated, well lit - illuminated walking routes.

- **PERSONAL SAFETY**
  - Wear comfortable clothes appropriate to the weather.

- **PERSONAL SAFETY**
  - Carry a mobile phone and identification, in case of emergency. Carry a mobile phone.

- **PERSONAL SAFETY**
  - Do not walk alone (unless a popular route). When possible get a walking companion.

- **PERSONAL SAFETY**
  - Inform someone of your walking route & expected return time.

- **PERSONAL SAFETY**
  - Carry a personal alarm.

### WALKING TECHNIQUE

- Keep your chin parallel to the ground.
- Keep your body parallel to each other, if comfortable.
- Tuck your pelvis under your torso.
- Gently tighten stomach muscles.
- Position your feet as possible
- Swing your arms naturally, freely.
- Move shoulders naturally, freely.
- Hold your head high.
- Focus your eyes 5 to 7 metres in front of you.

### A WEEKLY WALKING LOG

**Date**

**Day**

**Time: In Minutes**

**Walk Speed:**
- **Stroll**
- **Brisk Walk**
- **Power Walk**

**Distance:**
- Kilometres
- Miles

**Steps:**

**Calories:**

**More information available at:**

www.le.ac.uk/sports
**WALK 1**

**VICTORIA PARK**
1. Facing the clock at the front of the Charles Wilson (hereafter CW) turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park.
2. Cross Victoria Park to Victoria Park Road. Turn left, and walk to Mayfield Island roundabout.
3. Turn left & walk diagonally across the park on a path between a row of trees to Granville Road.
4. Turn left then walk along the boundary road between Victoria Park and the University until you reach the top of Mayors Walk. Turn right through the metal gate to access main campus and return to the CW.

Distance = 3km / 3000 Steps
Time 30 mins approx

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**WALK 2**

**QUEENS ROAD CIRCUIT**
1. Facing the clock at the front of the CW turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park.
2. Cross Victoria Park to Victoria Park Road. Using the pelican crossing, cross Victoria Park Road and walk down Queens Road.
3. Turn right onto Clarendon Park Road and walk down the hill until you meet Welford Road.
4. Turn right onto Welford Road and walk to University Road. Turn Right.
5. Enter main campus via Gate No 1, turn first left past the Fielding Johnson Building until you are back at the CW.

Distance = 2.5km / 2500 Steps
Time 25 mins approx

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**WALK 3**

**EVINGTON ROAD CIRCUIT**
1. Facing the clock at the front of the CW turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park.
2. Turn left, walk along Granville Road and boundary road between Victoria Park and the University. Exit the Park onto Granville Road and walk to junction with London Road.
3. Using the pelican crossing, cross London Road and proceed along Evington Road.
4. Turn right onto Beckingham Road and walk until the roundabout at the junction with London Road. Turn right and cross London Road using the pelican crossing. Turn left and walk around the perimeter of Victoria Park until the traffic lights at the junction of Queens Road and Victoria Park Road.
5. Turn right and walk across the park. Access main campus via the gate at the top of Mayors Walk, return to the CW.

Distance = 1.5km / 1500 Steps
Time 15 mins approx

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**WALK 4**

**NEW WALK**
1. Facing the clock at the front of the CW turn right, carefully descend the steps and turning left onto Mayors Walk, walk onto Victoria Park.
2. Turn left then walk along the boundary road between Victoria Park and the University. Exit the Park onto Granville Road and walk to the pelican crossing.
3. Cross Granville Road and enter New Walk.
4. Walk along New Walk crossing various roads on the way until you reach King Steet.

Distance = 2km / 2000 Steps
Time 20 mins approx

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**WALK 5**

**WALKERS STADIUM**
1. Facing the clock at the front of the CW turn right, carefully descend the steps and walk past the Fielding Johnson Building. Turn right at Cannons and exit main campus via gate No 1. Turn left onto University Road.
2. Turn left at the junction with Welford Road and at the traffic lights turn right into Putney Road. Walk past Homebase and the Dry Dock Pub. Take the first right then bear left onto Counting House Road.
3. At the junction with Aylestone Road use the pelican crossings to cross the road and walk down Raw Dykes Road. The Walkers Stadium is on your left. Walk around it then retrace your steps to Counting House Road.
4. Walk past Morrisons on your left, Porcelanosa on your right until the steps on your right. Ascend the steps to Welford Road. Turn Right.
5. At Freemans Common turn left into University Road.
6. Enter main campus via Gate No 1, take first left past the Fielding Johnson Building until you are back at the CW.

Distance = 3km / 3000 Steps
Time 30 mins approx

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**WALK 6**

**CW STAIRS – WET WEATHER ALTERNATIVE!**
1. Facing the clock at the front of the CW enter the lobby of the building, take the right hand side or left hand side staircase and climb the stairs until you get to the 5th floor.
2. Walk along the 5th floor past the senior common rooms to the opposite staircase.
3. Descend to the ground floor lobby.

Distance – 440 step, 5 floors
Time – 8 minutes