

Walking

Walking is an activity that can be enjoyed by everyone and is accessible to almost everyone, regardless of age, income, location and ability. It can be enjoyed safely and there is a low risk of injury.

Walking as a form of regular exercise can easily be incorporated into your daily routine; it is good for your health and fun to do. Walking is also a great way to meet people from your workplace and offers the chance to socialise.

Walking is one of the few activities that does not require the use of specialist equipment and is the cheapest form of travel – it costs nothing!

Health benefits

Not only is walking good for your pocket, it also has a huge number of benefits for your health.

- If you walk an extra 20 minutes a day, you'll burn off 7lb of body fat a year.
- A single step uses up to 200 muscles. So you're not only doing a little cardio, but toning your muscles too.
- Walking can halve your risk of coronary heart disease and help prevent some cancers.
- Walking may slow cognitive decline in adults, especially those with existing conditions such as Alzheimer's.
- Walking can help to prevent the onset of Type 2 diabetes.

For information and advice on staying healthy please visit:

www.nhs.uk/livewell/Pages/Livewellhub.aspx

www.nhs.uk/Change4Life/Pages/change-for-life.aspx

**change
4 life**

Sustainable transport

If we all swapped one car journey a week for walking instead, car traffic levels would reduce by at least 10% (Sustrans 2009).

1. Walking is free.
2. Walking doesn't involve the use of vehicles, machinery, fuel or special equipment that would otherwise need to be manufactured, transported and disposed of safely.
3. Walkers don't need training.
4. Walking doesn't produce excess carbon dioxide or noxious fumes or cause noise pollution.

Cycling

Cycling around London is another great way to cut transport costs and get some exercise at the same time. Bike riding in London is being made easier and more enjoyable with ongoing improvements to the city, such as the introduction of additional cycle lanes and the public cycle hire scheme. Switching your short journeys from car to bicycle will benefit your health and your community. You'll be helping to reduce noise and air pollution as well as traffic congestion.

Cycling benefits

- Cycling is the fastest mode of urban transport in all independent studies of the modern era.
- Cycling is also the best mode of transport for getting your recommended 30 minutes a day light exercise.
- Cycling brings train and bus stations up to 2 miles away within easy reach, no parking charges, and no fighting for a place.
- Cycling regularly will improve your fitness and can help you live a long and healthy life.

Travel during Games time

During the 2012 Games parts of London's transport network will be very busy and many places will be easier to reach on foot or by bike. Why not walk or cycle some of your journey, or the entire way? By avoiding busy stations, your journey could be quicker and easier.

The Get Ahead of the Games and Transport for London websites are filled with information that will show you the expected impact to the travel network and help you make your travel plans.

The TfL site provides specific information for London Underground, Overground and DLR stations. You can also find a station impact summary that highlights the predicted impact on the stations expected to be particularly busy during the Games and corresponding wait times. Their useful planning tool will show you how your journey might be affected and allow you to assess your options. Make the most of this summer by planning ahead.

To plan your journey in advance, scan the QR codes below for further information:



www.getaheadofthegames.com



<http://journeyplanner.tfl.gov.uk/>



<http://walkit.com/cities/london/>

Chelsea and Westminster Hospital

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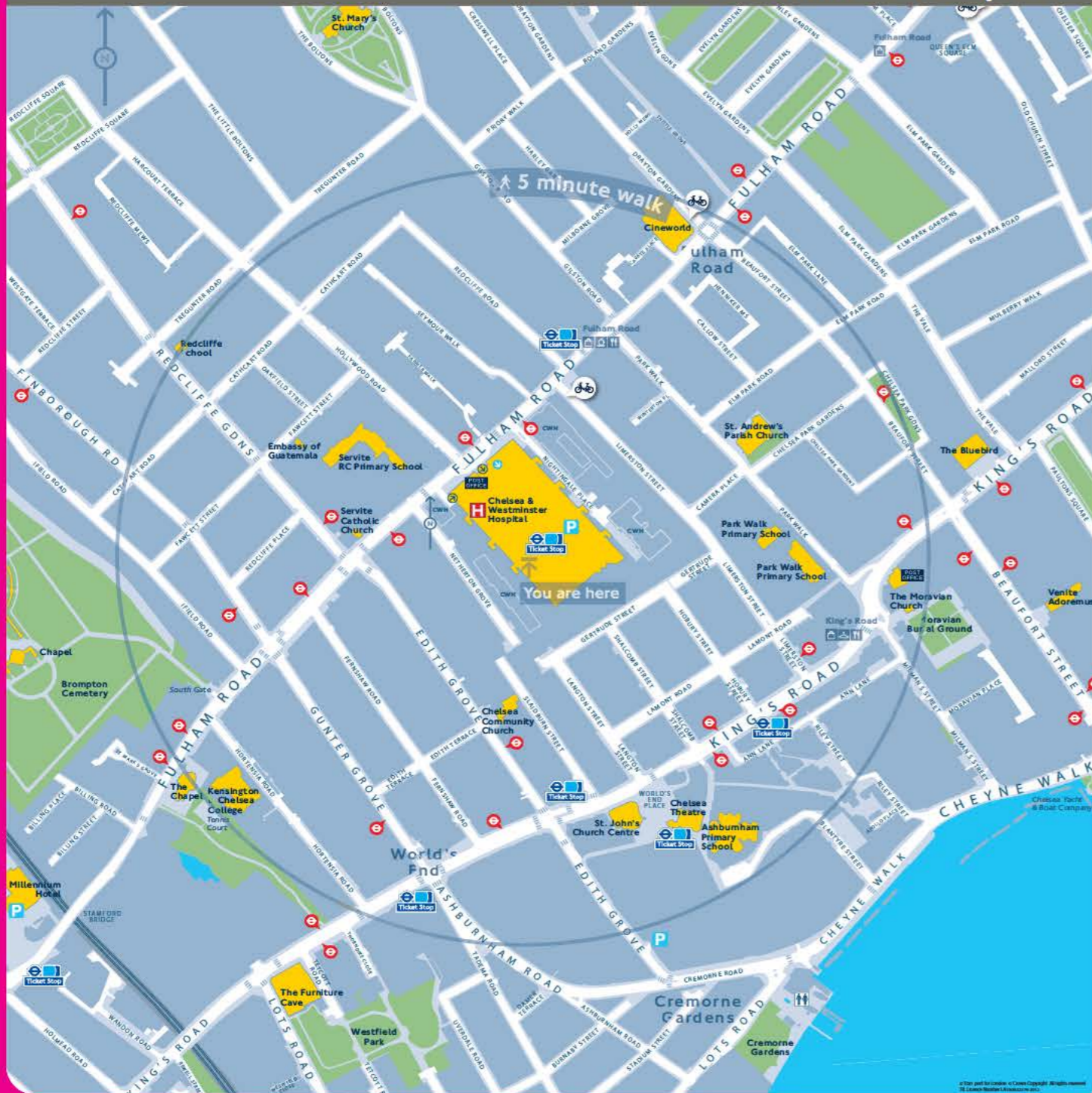
Active Travel to Chelsea and Westminster Hospital

NHS

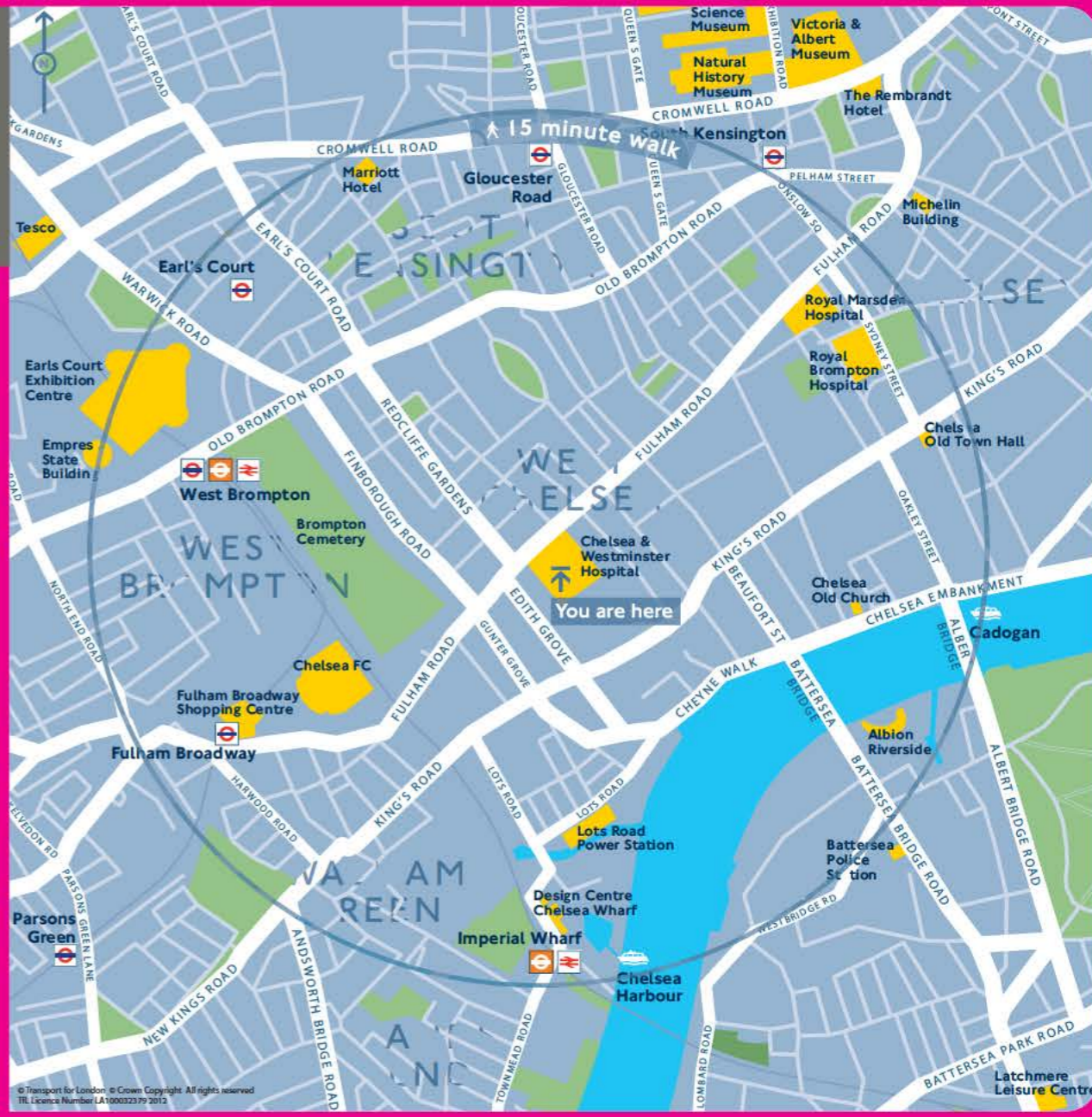
North West London



Chelsea and Westminster Hospital



Finder



Key

London Underground station	Bus stop	Car Park
London Overground station	River pier	Public Toilet
DLR Docklands Light Railway station	Cycle Hire station	Oyster Ticket Stop, where you can top up your Oyster pay as you go credit and purchase Travelcards and Bus & Tram passes
Bus station	National Rail station	