



**For ideas about getting active go to:**  
[www.dover.gov.uk/Leisure-Culture-Tourism](http://www.dover.gov.uk/Leisure-Culture-Tourism)  
 a one-stop shop for all opportunities to get active in the Dover and Deal district.

**Do you want to eat well, move more and live longer?**  
 Then call us on  
**0800 849 4000**

Or go to  
[www.healthyclub.nhs.uk](http://www.healthyclub.nhs.uk)

- Our free services include:
- family lifestyle clubs
  - child and adult weight management
  - stop smoking
  - walking groups
  - health trainers



**Taking steps towards an active lifestyle\***

- Why not make it part of your day – walk to work or the local shops, take a lunchtime stroll or get off the bus a stop early
- Not only will you burn calories but you will also save money on travelling, improve your health and help the environment too
- Walking is a superb way of relieving stress and enhancing psychological wellbeing. The heavier you are, the more calories you will burn
- Regular moderate exercise like walking can have major benefits to your health and improve your quality of life
- Moderate exercise makes you breathe slightly deeper and harder. You should feel slightly warmer and be able to talk without panting
- Adults should aim to do a minimum of 150 minutes of moderate exercise each week, in bouts of at least 10 minutes each
- Children (aged 5+) should aim to do moderate exercise for a minimum of one hour a day
- Long periods of sedentary behaviour (sitting down) can lead to poor health

*\*Start Active, Stay Active: A report on physical activity: Dept of Health 2011*

**Useful advice**

- Speak to your doctor before you start any exercise if you have any medical issues
- Exercise should not make you feel uncomfortable or lead to an injury
- Be prepared – take some water, wear comfortable shoes and suitable clothing

**What next?**

Tell us what you think about calorie maps and find out about walking groups in your area.

**Email:** [healthwalks@nhs.net](mailto:healthwalks@nhs.net)

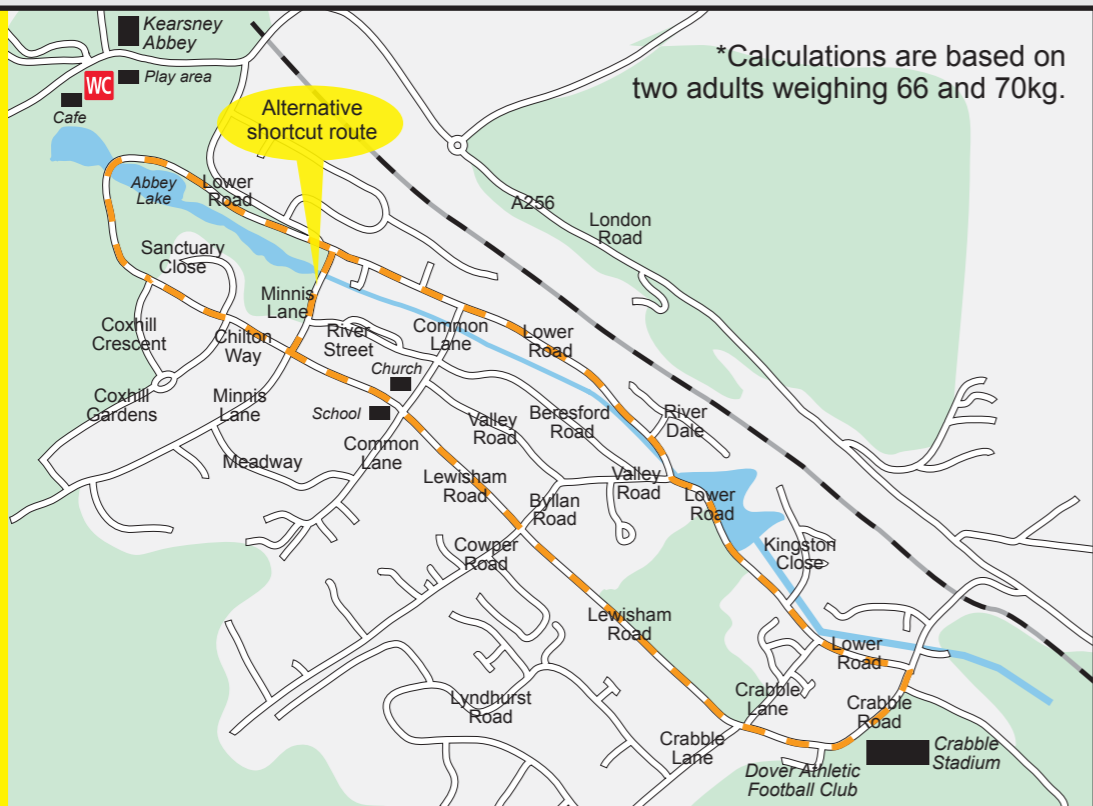
**Freephone:** 0800 849 4000 option 6  
[www.kenthealthwalks.nhs.uk](http://www.kenthealthwalks.nhs.uk)





### River walk

Average\*  
Miles: 2  
Minutes: 40  
Steps: 4306  
Calories: 155

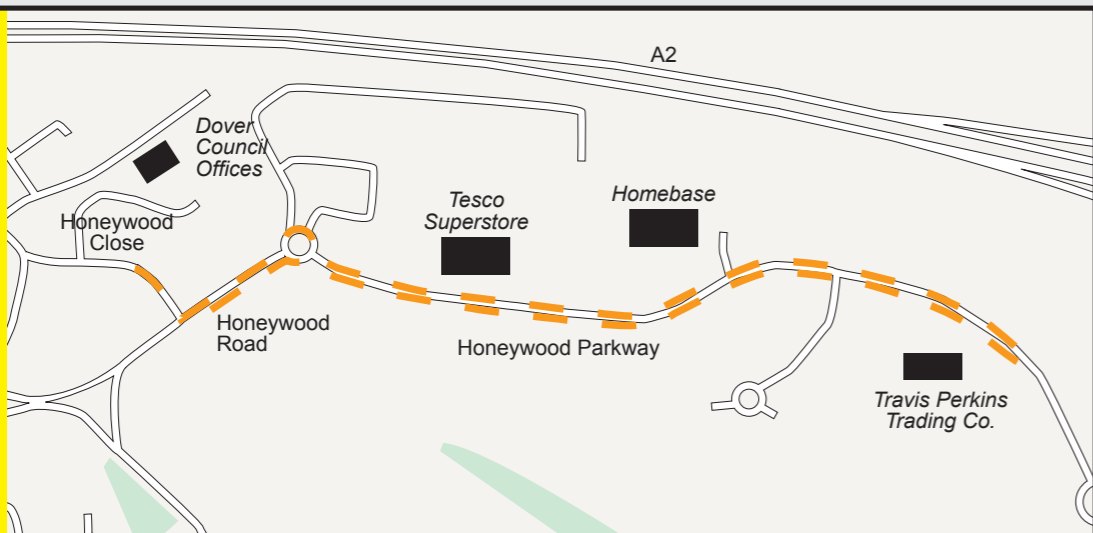


\*Calculations are based on two adults weighing 66 and 70kg.



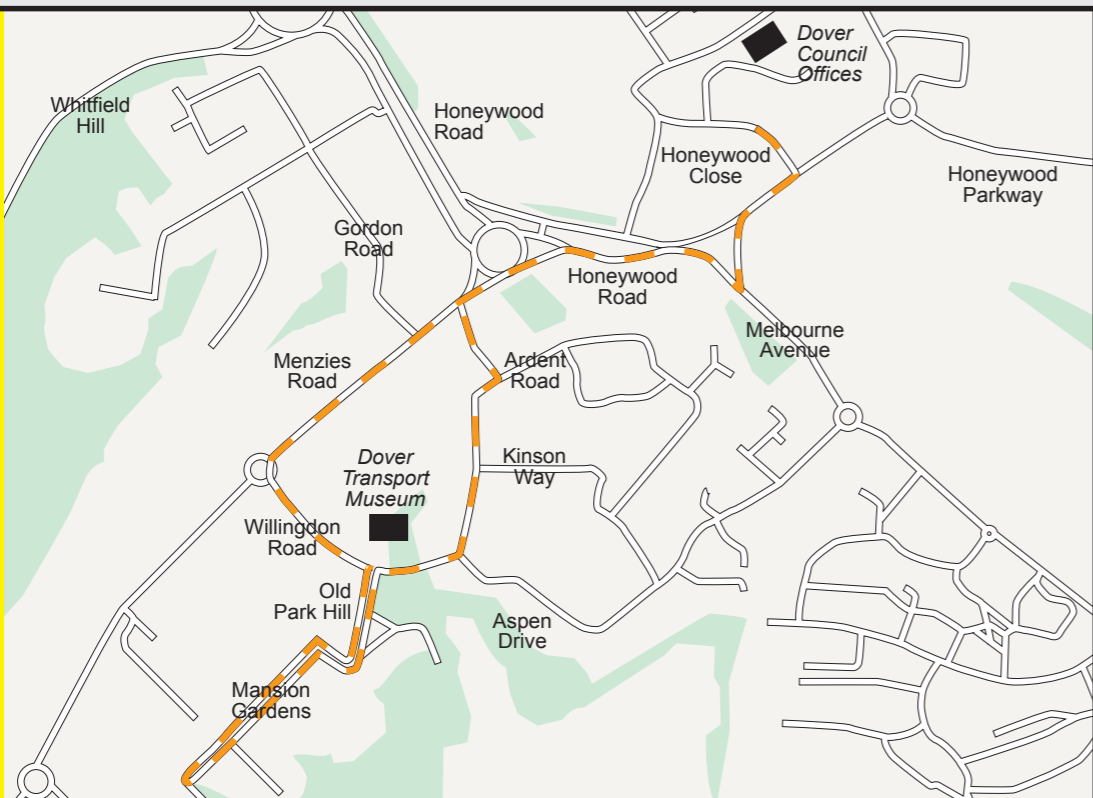
### Whitfield

Average\*  
Miles: 1  
Minutes: 20  
Steps: 2120  
Calories: 77



### Whitfield

Average\*  
Miles: 1  
Minutes: 20  
Steps: 2073  
Calories: 75



**Deal – route 1 (orange)**  
Average\* Miles: 1.8 Steps: 3980  
Minutes: 40 Calories: 147

**Deal – route 2 (pink)**  
Average\* Miles: 1 Steps: 2016  
Minutes: 20 Calories: 75



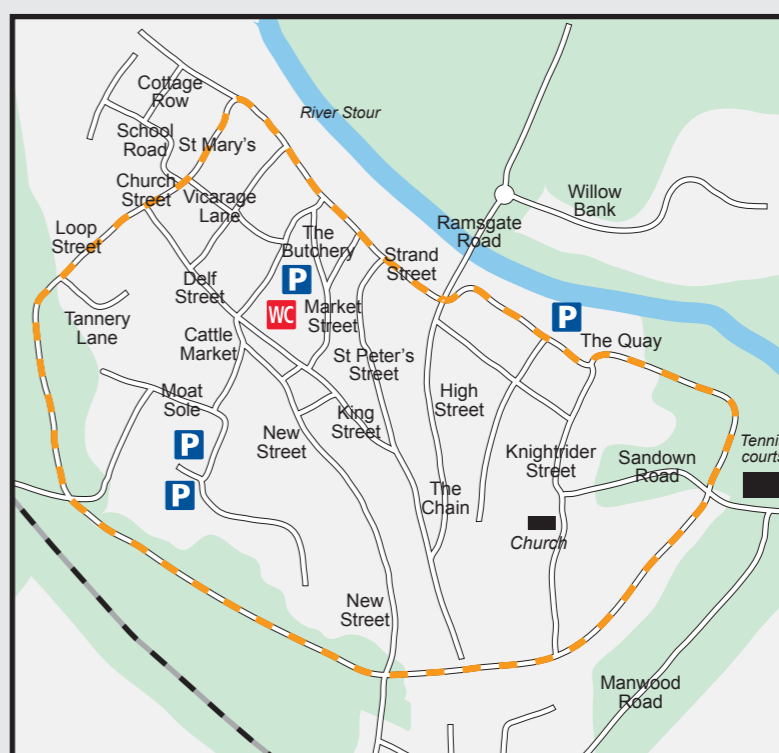
### Connaught Park, Dover

Average\*  
Miles: 1.8  
Minutes: 40  
Steps: 3739  
Calories: 182



### Seafront, Dover

Average\*  
Miles: 1.5  
Minutes: 28  
Steps: 3092  
Calories: 111



Car park  
 Public toilets



### Sandwich

Average\*  
Miles: 1.3  
Minutes: 30  
Steps: 2855  
Calories: 103