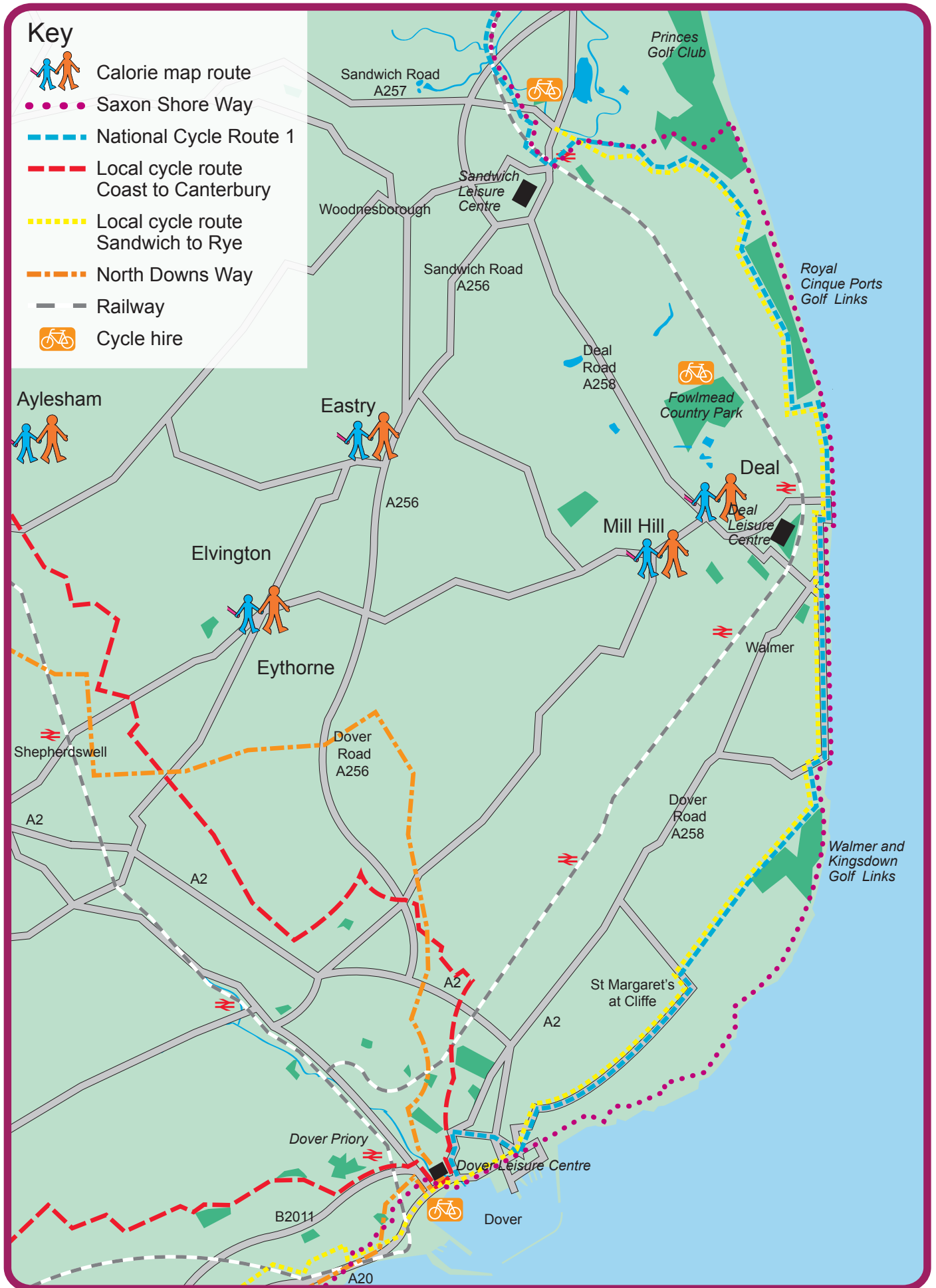


CALORIE MAPS

Dover District Area

**Taking steps
towards an
active lifestyle**







For ideas about getting active go to:

www.dover.gov.uk/Leisure-Culture-Tourism

A one-stop shop for all opportunities to get active in the Dover district.

Do you want to be healthier and happier?

Making a change for the better is easier than you think, with small lifestyle changes making a big difference over time. There is plenty of support to help you get started and keep on track.

You can call us on **0800 849 4000** or go to: www.kenthealthandwellbeing.nhs.uk

Our free services include:

- health checks
- stop smoking
- child and adult weight management
- walking groups.

Please also check out the following websites for useful hints and tips:

www.liveitwell.org.uk

www.nhs.uk/livewell

www.nhs.uk/change4life

www.kenthealthandwellbeing.nhs.uk

Supported by the South Kent Coast Health and Wellbeing Board:

Working together to improve the health and wellbeing of our residents.

Please see:

www.dover.gov.uk/healthandwellbeing

Active for Life

- Walking is a free, easy, fun and healthy activity that people of all ages and fitness levels can do every day.
- Regular moderate exercise like walking can have major benefits to your health and improve your quality of life.
- Walking can make you feel **good**, give you more **energy**, reduce stress and help you **sleep** better, keep your heart strong and reduce **blood pressure** and help you manage your **weight**.
- Why not make it part of your day – walk to work or school, 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.
- 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 60 minutes a day
- Start slowly and aim to build up to 10,000 steps a day – walk your way to a healthier and happier you.

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.

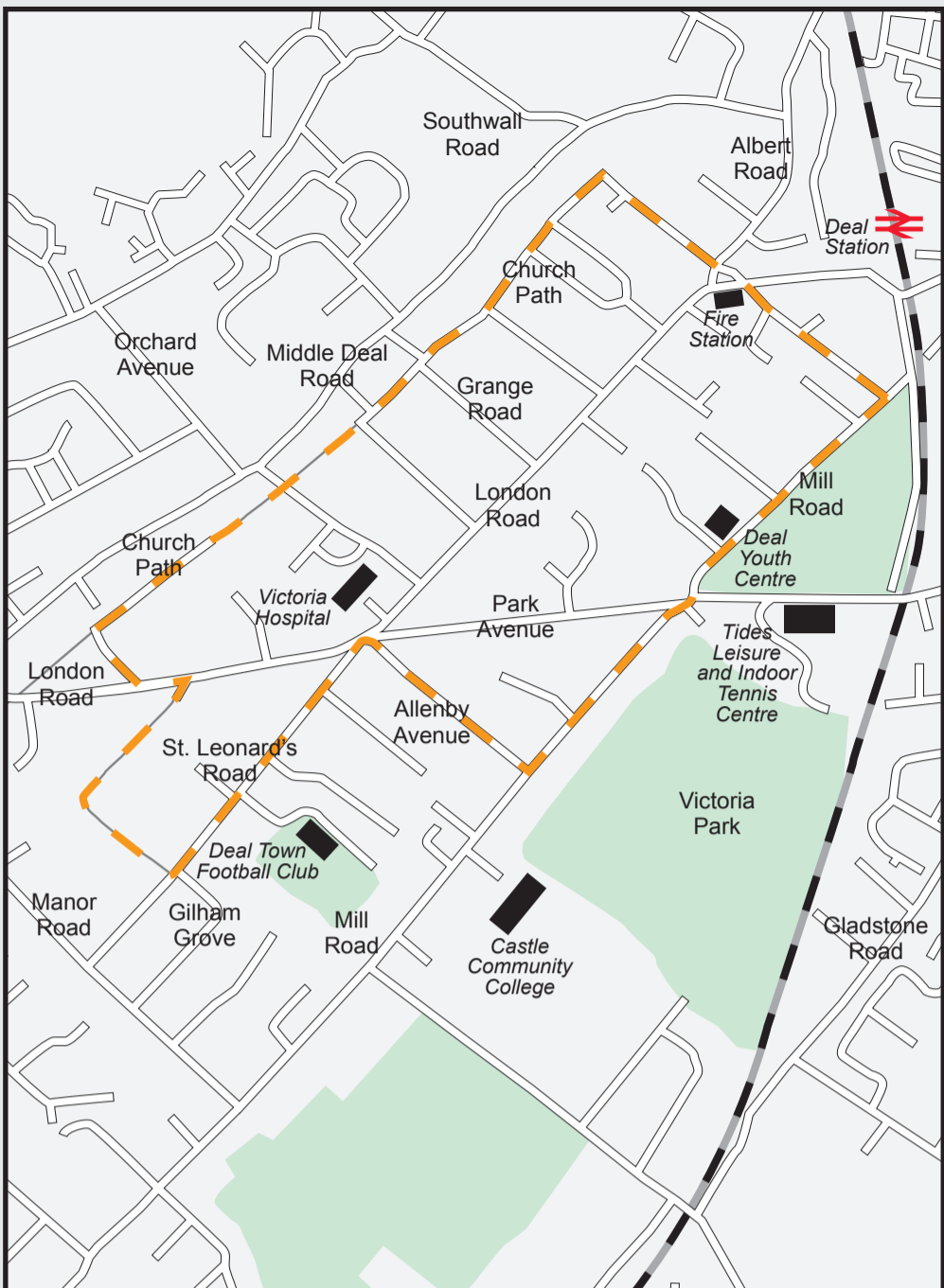
What next?


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

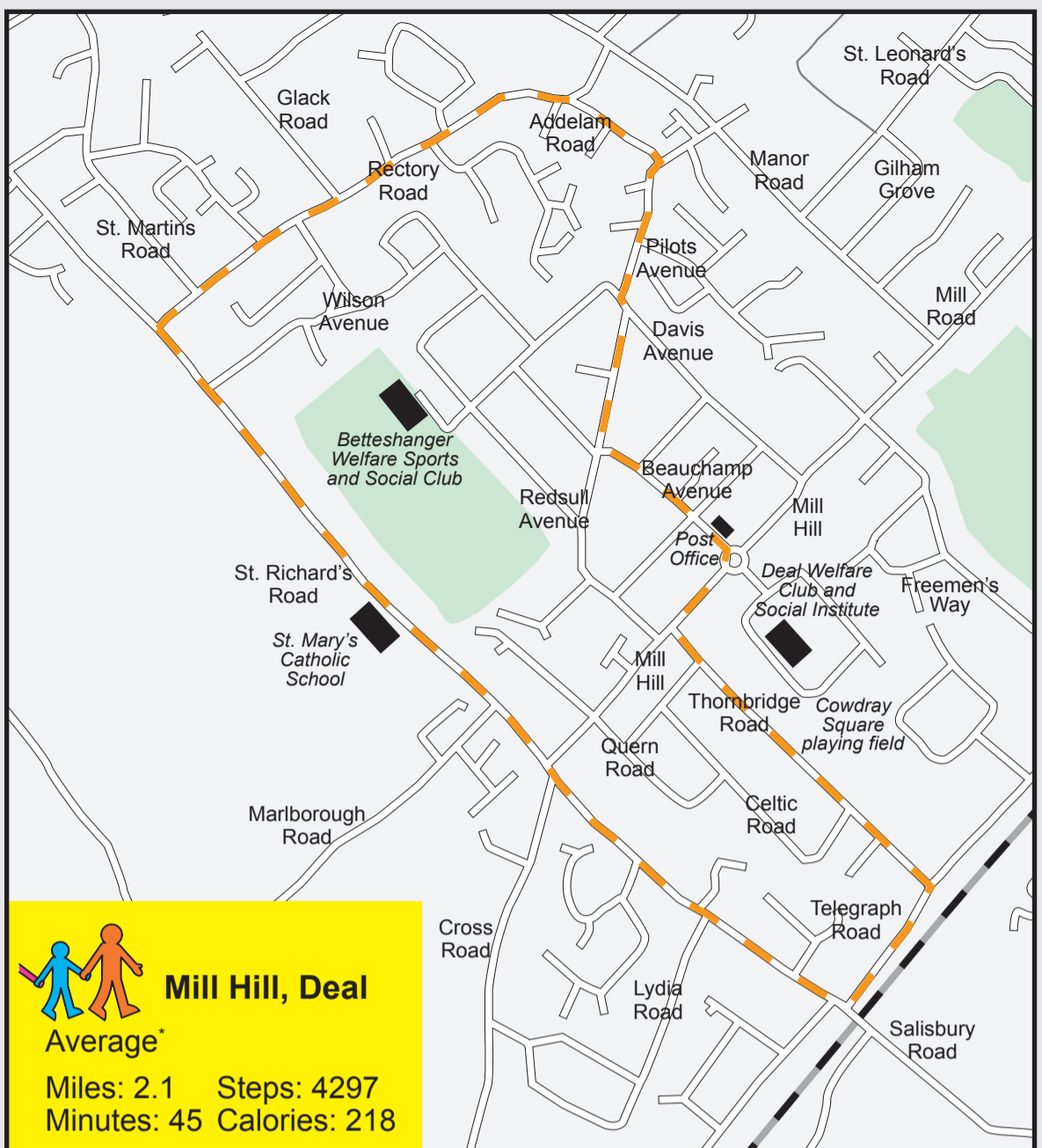
Email: healthwalks@nhs.net


Freephone: 0800 849 4000 option 6
www.kenthealthwalks.nhs.uk

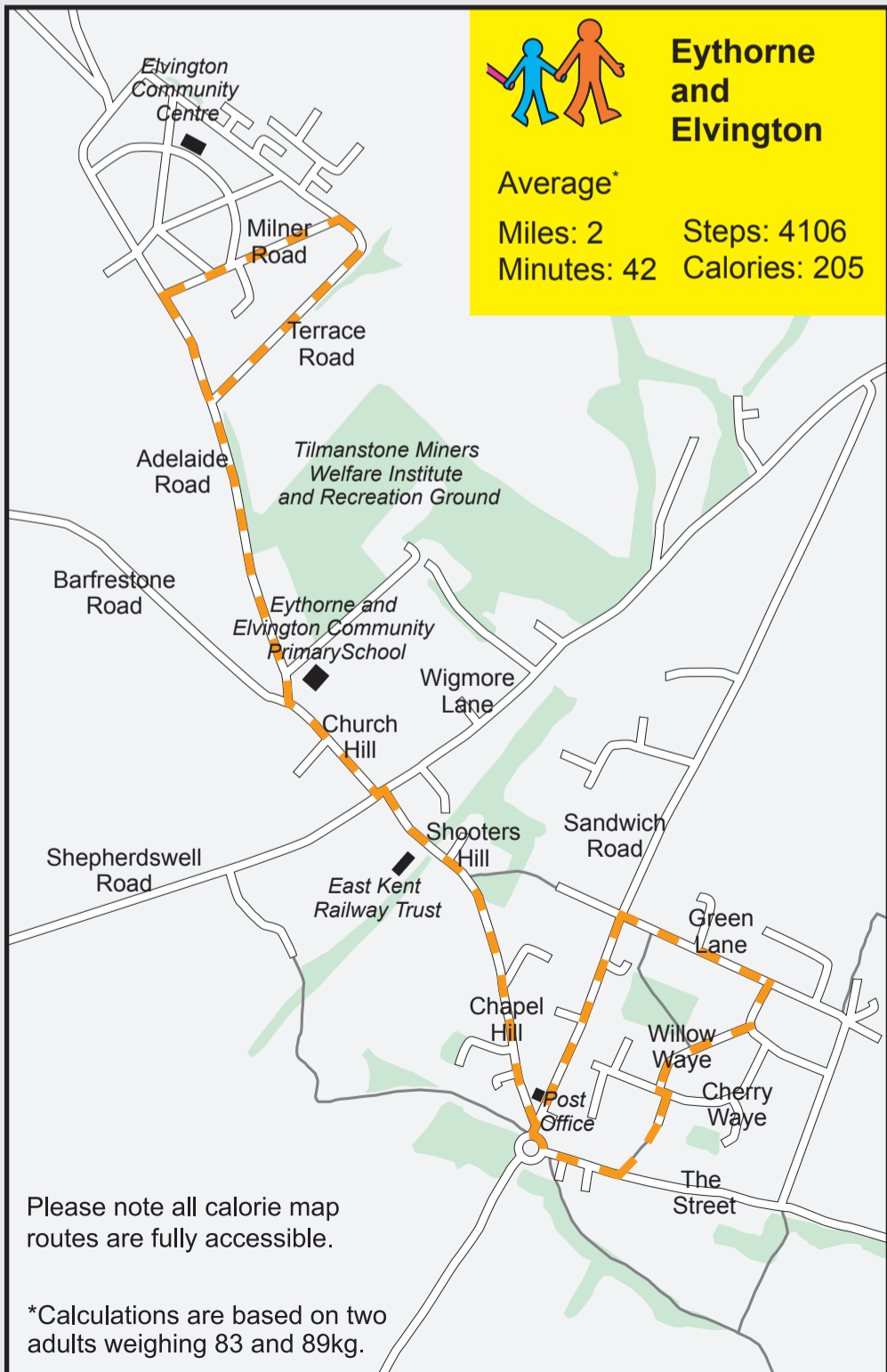





 **Middle Deal and Sholden**
 Average*
 Miles: 1.8 Steps: 3908
 Minutes: 38 Calories: 198

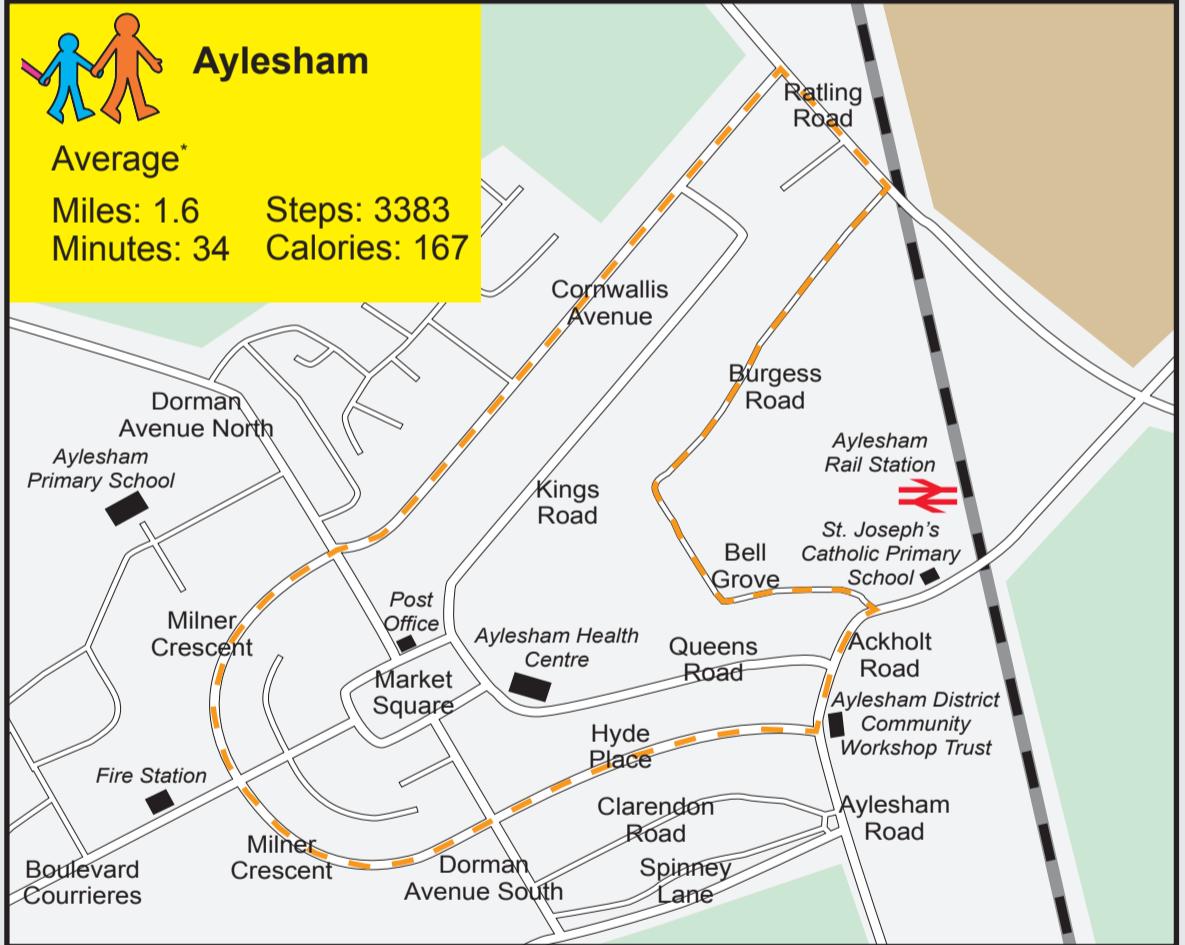


 **Mill Hill, Deal**
 Average*
 Miles: 2.1 Steps: 4297
 Minutes: 45 Calories: 218

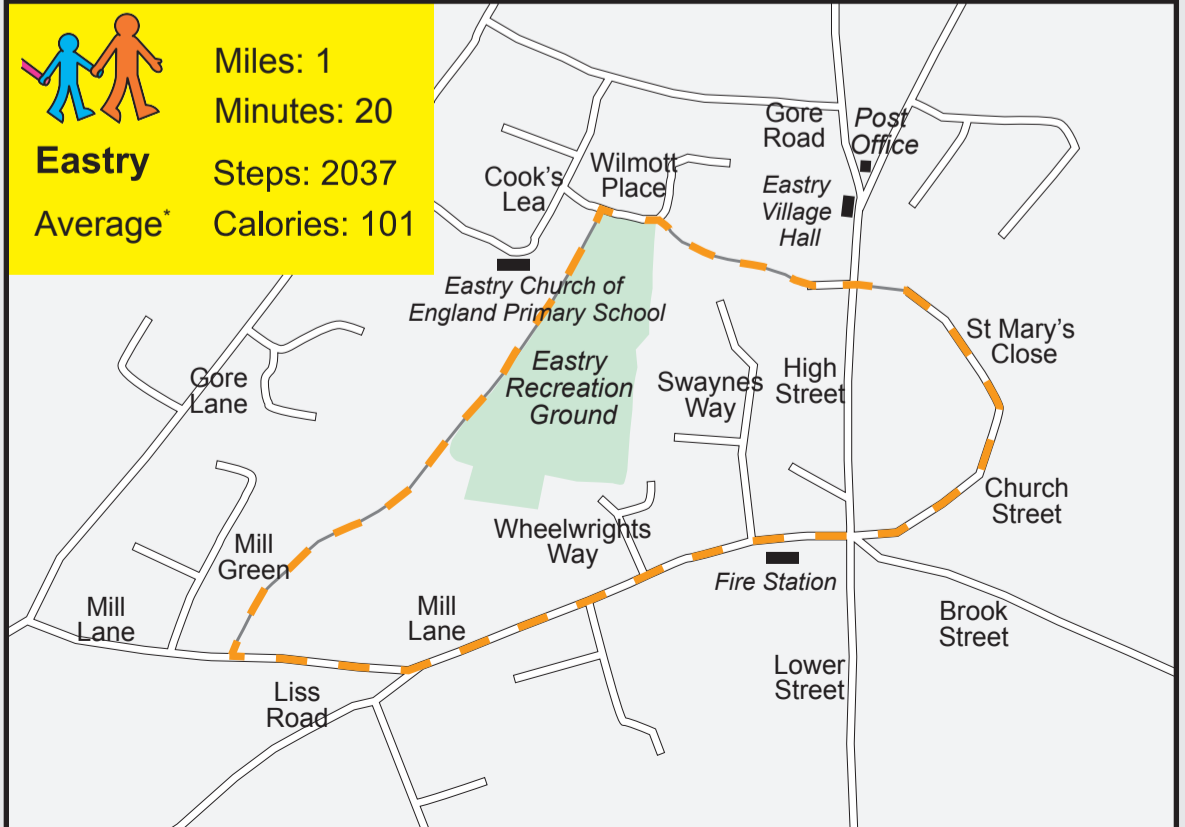


Please note all calorie map routes are fully accessible.
 *Calculations are based on two adults weighing 83 and 89kg.

 **Eythorne and Elvington**
 Average*
 Miles: 2 Steps: 4106
 Minutes: 42 Calories: 205



 **Aylesham**
 Average*
 Miles: 1.6 Steps: 3383
 Minutes: 34 Calories: 167



 **Eastry**
 Average*
 Miles: 1 Minutes: 20
 Steps: 2037 Calories: 101