Health...

Walking Highway to Health routes around the city will ...

- Reduce the risk of developing heart disease and strokes
- led p to prevent high blood pressure
- Help to control your weight
- Reduce stress
- Maintain good mental health
- Satisfy most people's healthy exercise requirement
- Aid restful sleep

Walking one mile in 20 minutes uses as much energy as ...

- Running a mile in 10 minutes
- Swimming breast stroke for 10 minutes
- 💡 Playing football for 12 minutes
- Cycling for 16 minutes
- 🦊 Doing aerobics for 16 minutes
- 🐓 Weight training for 17 minutes

... and walking is a lot easier than any of those!



Why not Step On Step Out and walk as part of a public transport journey on your Highway To Health

To find out more information about walking in Belfast please visit: **www.roadsni.gov.uk**

Roads Service provide:

Controlled crossings Dropped kerbs Tactile paving Tactile cones Street Lights Signing

All which are designed to make it easier to walk.



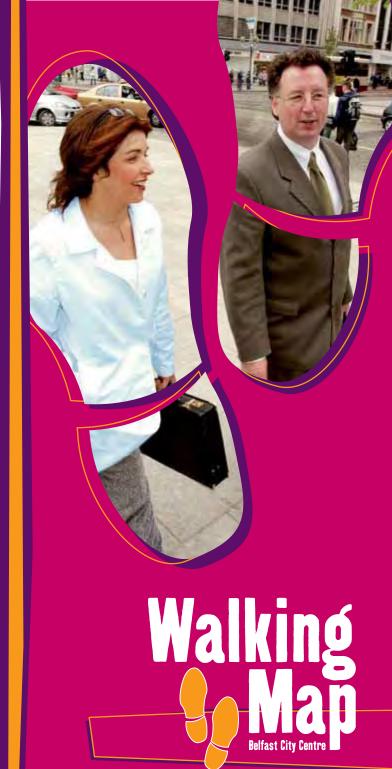












Belfast Walks...

With soaring fuel prices and growing levels of traffic congestion and obesity in Northern Ireland there is a lot to be said for leaving the car at home and walking where possible.

From 1996-2005, the percentage of people walking to work has decreased from 11.3% to 9%. Not surprisingly, car use has increased from 79.9% to 82% in the same period.

Walking as opposed to driving or being driven around Belfast has a number of benefits that can be outlined as follows:

Environmental...

Regular walking will...

- Not have any negative environmental impact
- Help to reduce traffic congestion

Economic...

Regular walking will ...

- Save fuel costs
- Save parking costs
- 💡 Reduce wear and tear on your car

