

## Health...

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

- Reduce the risk of developing heart disease and strokes
- Help 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](http://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.



**Walking Map**  
Belfast City Centre

**ROADS Service**



**Travelwise**  
Northern Ireland



## 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



# Walking Map

Belfast City Centre