



WALK MORE

WHY NOT GET YOUR FRIENDS AND FAMILY OUT WALKING WITH YOU?

KILBURN WALK

To help get you started, here's a local walking route.

LENGTH: **0.8 MILES**

● Start and ● finish:

The Kingsgate Community Centre (KCC)



- Turn left out of the centre onto Kingsgate Road and then turn right onto Messina Avenue.
- Stay on the right side of the road then turn right onto Grange Way and enter the park.
- Walk straight ahead and join the garden walk.
- After the garden walk follow the path around the top of the park and then back down to the exit on Messina Avenue.
- Turn left on Messina Avenue, then left back onto Kingsgate Road to the KCC.

ACTIVE
10

DOWNLOAD
THE FREE
APP TO HELP

oneyoucamden.org/walking

BECAUSE THERE'S ONLY
ONE YOU

KILBURN WALK



Brisk is better

Brisk walking means taking up a pace where your breathing rate and heartbeat increase, but you can still carry on a conversation. The NHS recommends people exercise for at least 30 minutes a day, but if you don't walk very much at all, it might be good to break this down into ten minute brisk bursts, and build up to half an hour.

Why walk?

There are many benefits of brisk walking, it:

- increases mobility, strength and balance, reducing the risk of falls,
- improves heart health and blood pressure,
- increases happiness and wellbeing,
- allows you to get to know Camden better, as well as meet new people,
- helps the environment and is a great way to relax.

What are you waiting for?

Turn over to find a suggested local route for you to get you started.

Find more local routes like this, as well as tools, tips and information to help you increase your walking by visiting oneyoucamden.org/walking

If you're unsure about where to walk in Camden, why not join a walking group?

Camden Health Walks, organised by the Council are designed for anyone, including those new to exercise. All walks are led by qualified Walk leaders, and there is no need to book in advance.

For more information email active@camden.gov.uk