

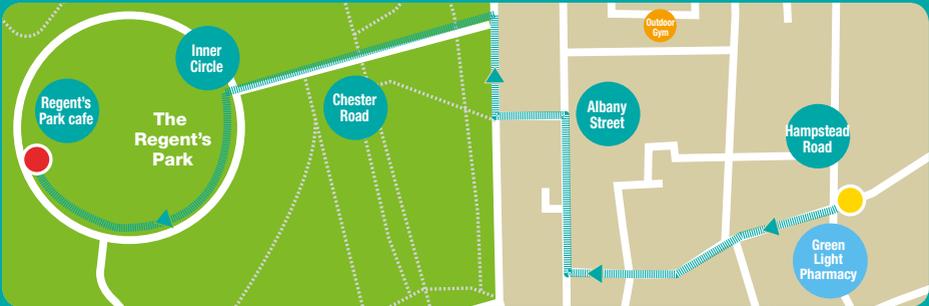


Public Health
England



WALK MORE

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



REGENT'S PARK WALK

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

LENGTH: **1 MILE**

● Start

Green Light Pharmacy, NW1 2NT

● Finish

Regent's Park cafe - Inner Circle

- Cross Hampstead Road and continue along Drummond Street.
- Continue along Longford Street, turn right into Albany Street, then turn left into Chester Gate.
- Turn right onto the Outer Circle. Turn left into Chester Road and continue until the main gate to Regent's Park.
- Cross main road and into Regent's Park.
- Take first path on left through the rose beds to the Inner Circle, keeping lake on right. After the lake pass the benches, and on the left is the Regent's Park cafe.

ACTIVE
10

DOWNLOAD
THE FREE
APP TO HELP

oneyoucamden.org/walking

BECAUSE THERE'S ONLY
ONE YOU

REGENT'S PARK 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