

Remember **any activity is better than no activity**. Exercise is like medication, not everyone is on the same dose, so start at a duration and intensity that suits your current fitness levels, you can always increase them as you improve.

**You should always check with your GP or health professional before starting any exercise routine to ensure it is safe for you.**

### The health walk route

You have chosen to complete the yellow route which is 2km or 1.25 miles in distance. Use the map inside and keep a look out for the markers positioned around the route to stay on track.



### Tips to maintaining an active lifestyle;

- Set realistic goals and targets
- Track your progress (use a diary or technology)
- Have a training partner(s)

#### Guide for completion times

**High intensity = under 20 minutes**

**Moderate = 20-24 minutes**

**Light = 24+ minutes**

The route is mainly flat with some gentle inclines. You'll be walking on pavements, grass and walking trails so please ensure you have the appropriate footwear.

### To find a local walk near you

**Newcastle** – [www.activenewcastle.co.uk/](http://www.activenewcastle.co.uk/)

**South Tyneside** – [www.walkingforhealth.org.uk/walkfinder/north-east/south-tyneside-walking-works-wonders](http://www.walkingforhealth.org.uk/walkfinder/north-east/south-tyneside-walking-works-wonders)

**Gateshead** – [www.gogateshead.com/article/6257/Walking](http://www.gogateshead.com/article/6257/Walking)

**Visit the 'A Weight off your Mind' website** to discover other physical activity opportunities in your area. [www.cntw.nhs.uk/awoym](http://www.cntw.nhs.uk/awoym)



**Cumbria, Northumberland,  
Tyne and Wear**  
NHS Foundation Trust

## A Weight off your Mind Health Walks St Nicholas Hospital – yellow route

### A Weight off your Mind (AWOYM)

AWOYM is a regional healthy weight management plan supported by the Trust. The plan aims to support those with lived experience of serious mental illness and/or learning disability, and staff, to achieve a healthy weight and lifestyle. As part of this plan we have devised health walks with the aim of increasing opportunities for you to become more active.

### Movement is medicine

Being physically active is an important part of achieving a healthy weight and improving your health and wellbeing. Research shows that by being physical active, you can reduce your risk of developing up to 20 chronic diseases including:

- Dementia by up to 30%
- Type II diabetes by up to 40%
- Cardiovascular disease by up to 35%
- Depression by up to 30%
- Some cancers by up to 30%

### Recommendations for physical activity

To gain the most benefit from physical activity national guidelines recommend completing 150+ minutes of moderate intensity, aerobic activity (walking, swimming, jogging) and at least 2 sessions of resistance activities (weight training, yoga, Pilates) per week.

During moderate intensity activity you should:

- be breathing heavier and beginning to sweat
- feel your heart beating faster
- be able to hold a conversation but not SING.

# St Nicholas Hospital Site Plan



X Start  
O Finish  
— 2 km