



Get active
getting there!

activetravel

South West Dundee has some great cycling and walking paths, including sections of the National Cycle Network, the Green Circular and the new Green Ways routes. They take you through many local parks and attractive green spaces, while providing an easy and direct way to travel to the shops, local services and schools.

This **map** has been produced to encourage you to take full advantage of your local paths, many of which have been recently upgraded and the signage improved. Get out and about and take a look, you might find a new traffic-free way to get to work or the shops.

Why is increasing your physical activity important?

People who are physically active are at a lower risk of many serious conditions and illnesses such as:

- Heart disease
- Diabetes
- Obesity
- High blood pressure
- Stroke
- Osteoporosis (brittle bones)
- Dementia
- Some cancers
- Depression and poor mental health



Increasing the amount of physical activity you do can also make you sleep better, give you more energy and make you feel good about yourself! Getting out and about using your legs is also really sociable, stop for a chat on the path or invite friends and neighbours to join you on your active travel journey.

Did you know...?

- Men over 60 who walk for an hour a day have half the risk of dying in the next four years compared with men who don't walk daily.
- Walking and cycling are great ways to keep your weight down or to help you lose weight.

Here's a rough guide to how many calories you can burn in half an hour

Walking: 140 **Cycling: 280**

The exact figure depends on how fast you go!
And driving uses just 55 calories in half an hour!

Don't have the time?

Being more physically active doesn't need to take up a lot of your time, just by making a few changes to your routine you can find the time to become more active.

If you normally drive to work, try parking further away and walking the last stretch, or get the bus some days and walk the last few stops. Even the walk to the bus stop will help towards daily physical activity. Walk the children to school, walk or cycle to the shops or to visit friends. Or just get out in the fresh air and walk to relax!

Get active at work!

Why not see if colleagues want to join you for a walk at lunch time or team up for the cycle to work. Training is available to help you set up walking programmes at work, hold meetings as you walk, or challenge workmates to a walkathon!

Active Travel is a great, convenient way to fit regular physical activity into your life. But by travelling actively you are not only helping yourself but you're helping the environment too. If we all left the car at home for just one trip a week it would reduce the amount of carbon emissions we produce, which contribute to climate change, and reduce traffic congestion by 10%.



Want to know more?



Sustrans is a charity that works on practical projects to encourage people to travel in ways that benefit their health and the environment. It also manages the National Cycle Network, over 11,000 miles of signed cycling and walking routes across the UK on traffic free, quiet or traffic-calmed roads. For more information on routes, or more about Sustrans and how to become a Sustrans supporter visit:
www.sustrans.org.uk



For local health walks
www.pathstohealth.org.uk
www.dundee.gov.uk

For active travel
www.activetravelscotland.org.uk
www.cyclingscotland.org

For healthy living
www.healthyliving.gov.uk

Have a look at the map inside for a great network of walking and cycling paths in South West Dundee, find out where they can take you!

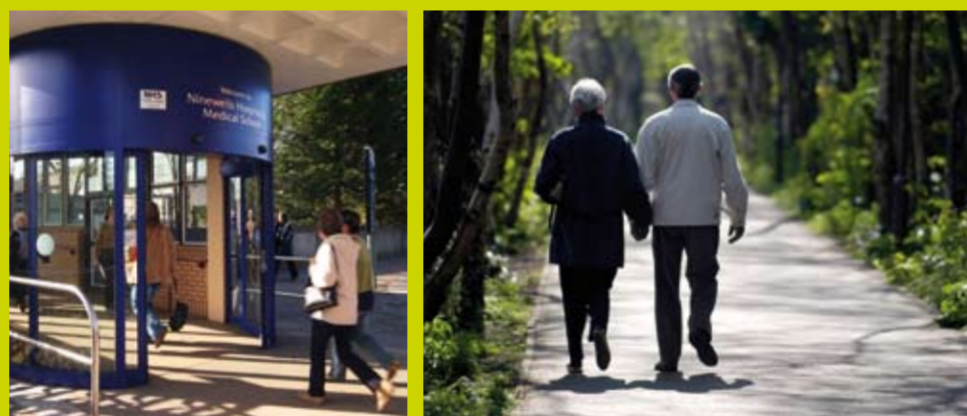
- What the paths can offer you:
- **Safe places to walk and cycle**
 - **Fresh air to breathe**
 - **Wildlife to watch**
 - **A place to stretch your legs**
 - **Signs to show you where to go**

- How to get the best out of your paths:
- **Use the paths for some of your everyday trips**
 - **Use your bike or walk for errands**
 - **Fit a walk or cycle into your journey to work**
 - **Use up some calories getting your shopping**
 - **Walk or cycle with the kids to school**
 - **Enjoy a lunch time walk**

Every trip you take helps you get fitter and healthier!



www.activetravelscotland.org.uk



Think of your paths as a gym on your doorstep, use them to walk or cycle instead of sitting in the car, and get fitter and healthier for free!

How active are you?
Do you get enough physical activity?
Two thirds of Scots don't!













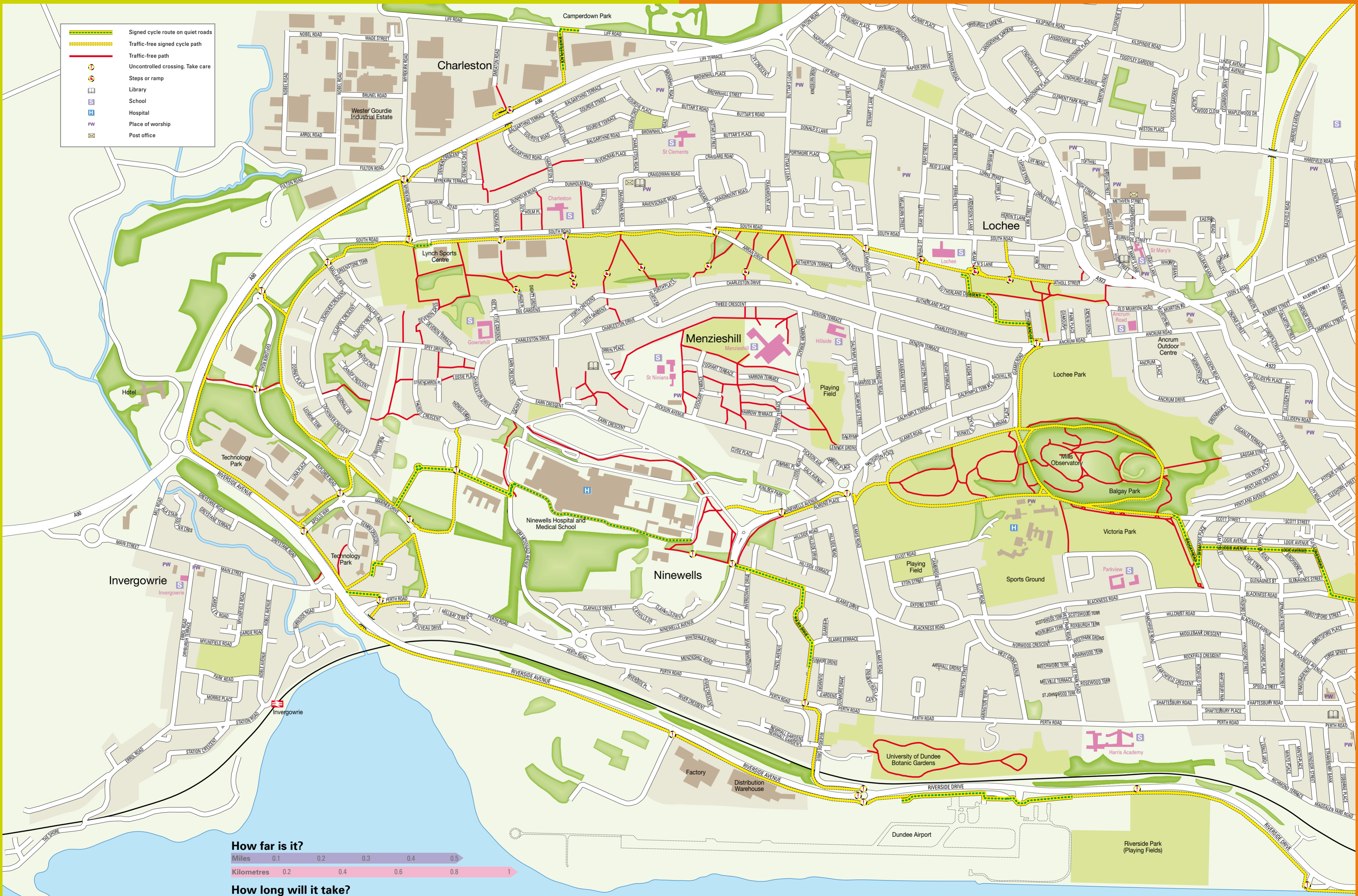
Did you know...?

- Adults need at least half an hour, on most days, of moderate physical activity - like brisk walking or anything that makes you breathe faster and feel warmer. You don't have to do it all in one go, you can split it into smaller chunks say, three ten minute long walks.
- Children need twice as much, an hours moderate physical activity on most days.

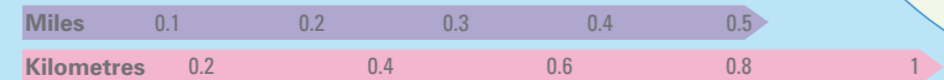
Why not use the paths more and your car less?

The average person now walks 90 miles a year less than they did 30 years ago! That's a huge reduction in the amount of physical activity we get and is mostly down to increased car use. We've stopped using our legs and lungs to get around, no wonder many of us are overweight and less fit!

-  Signed cycle route on quiet roads
-  Traffic-free signed cycle path
-  Traffic-free path
-  Uncontrolled crossing. Take care
-  Steps or ramp
-  Library
-  School
-  Hospital
-  Place of worship
-  Post office



How far is it?



How long will it take?

