

FIVE LUNCHTIME WALKS



WHY WALK?

Exercise can keep our body, heart and mind in tip top shape!

Find 30-60 minutes in your day to get the following benefits:

- ▶ Cardiovascular health
- ▶ Muscular strength
- ▶ Healthy bones
- ▶ Energy expenditure
- ▶ Posture
- ▶ Relaxation
- ▶ Social life – talk while you walk. Join a walking group
- ▶ Local knowledge
- ▶ Self-esteem

"The more people walk, the safer our streets!"



Cover: Walk 3 – shortcut from Tinakori Road.



Walk 5 – Nathan Memorial Fountain

HOW TO START

A step by step approach –

- ▶ **Make it a habit**
- ▶ **Be flexible**
- ▶ **Avoid boredom** – change your walking route often
- ▶ **Challenge yourself** – walk briskly for a minimum of 20 minutes
- ▶ **Write it down** – using your calendar or diary may help you stay motivated
- ▶ **With a little help** – friends, family, partner or dog. Seek moral support. It will help you stick with it
- ▶ **Be patient** – it may take up to six weeks to feel the benefits of regular walking



CANCER PREVENTION



'Between one quarter and one third of bowel and breast (postmenopausal) cancer are directly related to being overweight and not doing enough physical activity'

SUNSMART

Be a bit brighter than the sun this summer.....

SLIP, SLOP, SLAP & WRAP

SLIP into a shirt and into some shade

SLOP on some SPF 30 + Sunscreen

SLAP on a hat with a brim or cap with flaps

WRAP on a pair of sunglasses

For information on how to be SunSmart while exploring Wellington's Walkways check out www.sunsmart.co.nz



- ▶ Manage your weight
- ▶ Lower your blood pressure
- ▶ Lower your blood glucose levels
- ▶ Improve your lipid levels (cholesterol)
- ▶ Improve your cardiovascular fitness
- ▶ Reduce heart and blood vessel disease
- ▶ Reduce your stress levels
- ▶ Sleep better

Physical activity can help you avoid and manage Type 2 Diabetes by helping you:

TYPE 2 DIABETES

Walk 5 – Katherine Mansfield Memorial Park.



Research shows that in some cases exercise can be as effective as medication in relieving mild-moderate depression.

- ▶ Exercise is not only great for your body, but your mind as well.
- ▶ Relieves stress and tension
- ▶ Boosts 'feel good' endorphins
- ▶ Enhances energy levels
- ▶ Is fun – especially when done with friends!

MENTAL WELLBEING

- ▶ Exercise will help you lose fat and increase muscle and thereby increases your metabolism
- ▶ Exercise goes hand in hand with a healthy well-balanced diet
- ▶ Eat lots of fresh fruit and vegetables
- ▶ Drink plenty of water
- ▶ Beware of hidden fats and sugars in foods such as crackers and soft drinks
- ▶ Eat regular meals
- ▶ Choose snacks low in fat, low in sugar and low energy foods such as fruit, vegetables, yoghurt, popcorn, rice crackers

WEIGHT LOSS IN EXERCISE



Walk 5 – Steps up from Grant Road.



Walk 1 – Shortcuts map at O'Reilly Avenue.

- ▶ Reducing absenteeism
- ▶ Reducing rates of accidents and injuries
- ▶ Increasing morale and motivation
- ▶ Reducing occupational healthcare costs
- ▶ Increasing productivity
- ▶ Enhancing creativity and innovation
- ▶ Improving job satisfaction
- ▶ Reducing job stress
- ▶ Reducing employee turnover
- ▶ Reducing fatigue

BEING ACTIVE WILL BENEFIT YOUR WORK BY:



- ▶ Use designated footpaths and crossing points
- ▶ Observe vehicles closely when at a crossing and ensure they are stopping before stepping out
- ▶ Never cross against the traffic signal
- ▶ Take extreme care when moving onto the road past large parked vehicles
- ▶ And avoid walking in traffic after drinking – about 30% of adults killed as pedestrians from 1994 to 1996 were found to have alcohol levels over the legal driving limit!

BE PREDICTABLE!

These walks are designed to get people active in their lunch hour or after work.

The routes are a guide and can be extended, shortened, reversed, or changed to suit your needs!

A pair of sensible shoes is needed on all the walks as most enter some of Wellington's hidden bush.

To keep yourself safe, walk in daylight hours - maybe take a friend with you.

Living Streets Aotearoa is a new group for everybody who walks, rolls or runs!

We want attractive, safe and convenient streets and footpaths with signs, shelter and seats.

Walking is great for a friendly city.

Contact us on: info@livingstreets.org.nz or 04 383 6691.

This brochure was produced by the Wellington Branch of Living Streets. Photos by Celia Wade-Brown.



1

3km or ~ 40 mins

- ▶ Start at the corner of **Boulcott Street** and **Willis Street**
- ▶ Walk up **Boulcott Street** and up **O'Reilly Avenue**
- ▶ Walk up **Allenby Terrace** to **Kelburn Park** between 214-216 **The Terrace**
- ▶ Walk across the grass and on your left as you enter the bush you'll see the little **Kumutoto Waterfall**
- ▶ At the top of the steps turn right. Take **Track C** just below the **Club Kelburn** squash courts to end up at **Boulcott Street**. The footpath on the bridge over the motorway is very narrow - take care!

2

3km or ~ 40 mins

- ▶ Walk through the tunnel at the top of **Woodward Lane** opposite **Midland Park**
- ▶ Follow the steps up to the bush track beside the motorway - you will walk along the edge of **Clifton Terrace car park**
- ▶ When you get to the top of the steps, turn right and follow the track up to the left until you reach **Clifton Terrace**
- ▶ At the top of **San Sebastian Road** take the path on the right. It is a shortcut through to **Wesley Road**
- ▶ Take the shortcut left of 3 **Wesley Road** and cross over into the **Botanic Garden**. Walk down the track to **Anderson Park**, through **Bolton Street Memorial Park** and then follow the signs to the city.

3

4km or ~ 50 mins

- ▶ At the end of **Kinross Street** turn left and walk past **Anderson Park** to the slope down to **Tinakori Road**
- ▶ At the top of **St Mary Street** join the **Northern Walkway**. At each track junction take the path to the right, which will lead you to **Grant Road**, opposite no. 199
- ▶ Take the shortcut up to **Hill Street** beside 221 **Tinakori Road**, at the **Tinakori Road/Harriett Street/Motorway** lights
- ▶ Once you have crossed the **Hill Street** bridge over the motorway, take the steps on the right down to **Ballantrae Place**

4

3km or ~ 40 mins

This is a good walk for beginner walkers

- ▶ It is a steep start up **Aurora Terrace** until you reach the walkway, on the right just before the bridge
- ▶ This walk follows the beautiful hidden walkway along the motorway, through **Bolton Street Memorial Park**
- ▶ Cross busy **Bowen Street** with care, walk through **Ballantrae car park** and climb up the steps to **Hill Street**
- ▶ The walkway extends on to **Hawkestone Street**: turn right there for **Molesworth Street** and the CBD

5

4km or ~ 50 mins

- ▶ Walk up **Molesworth Street** and **Park Street** to **Grant Road**
- ▶ Turn left past the **Nathan memorial fountain**, and then right, up **Wadestown Road**, until just before the carpark
- ▶ Take the track down through the bush, turning sharp right to reach the steps at the top of **Newman Terrace**
- ▶ Walk down **Newman Terrace** to the steps at the bottom
- ▶ Walk along the motorway, past the **Lady McKenzie Garden for the Blind**, to **Murphy Street**

KEY

- Walk 1
- Walk 2
- Walk 3
- Walk 4
- Walk 5
- Steps
- Steep Uphill
- Carpark
- LMGFB
- KMMP