

# NHS Borders

## Walking for Wellbeing



As part of our staff Wellbeing Week we are encouraging people to be active.

One of the great and easy ways to be active and to meet physical weekly physical guidelines is **WALKING!**

Exercising in green space can help to improve your mental health as well as your physical health. It can help you to cope with stress and anxiety and also help you to sleep better.

### Walking routes close to NHS Borders sites

We have worked with Walk It co-ordinator Denise and SBC's Ranger Service to create a new series of walking routes close to NHS Borders sites:

- **Health Walks from Borders General Hospital (see overleaf)**
- Hawick Health Walk from Common Haugh Car Park
- Kelso Health Walks from Kelso Community Hospital
- Duns Health Walks from Knoll Community Hospital
- Peebles Health Walks from Hay Lodge Hospital

### Take time out and recharge your batteries

Walking between 15 - 30 minutes can help you physically, emotionally and socially. You could walk outside before or after work, or during your break. Challenge yourself and a colleague to 'give it a go'.

### Why Walk?

We can all do it, we don't need to join a group or a class, buy equipment or carve out much time to make a walk happen.

### Physically, walking can provide many benefits:

- Maintain a healthy weight and lose body fat
- Prevent or manage various health conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Help with sleep
- Make us feel good and release endorphins and enjoy fresh air and sights to see
- Keep our hips, legs, knees and ankles strong, balanced and exercised as well as our body and heart

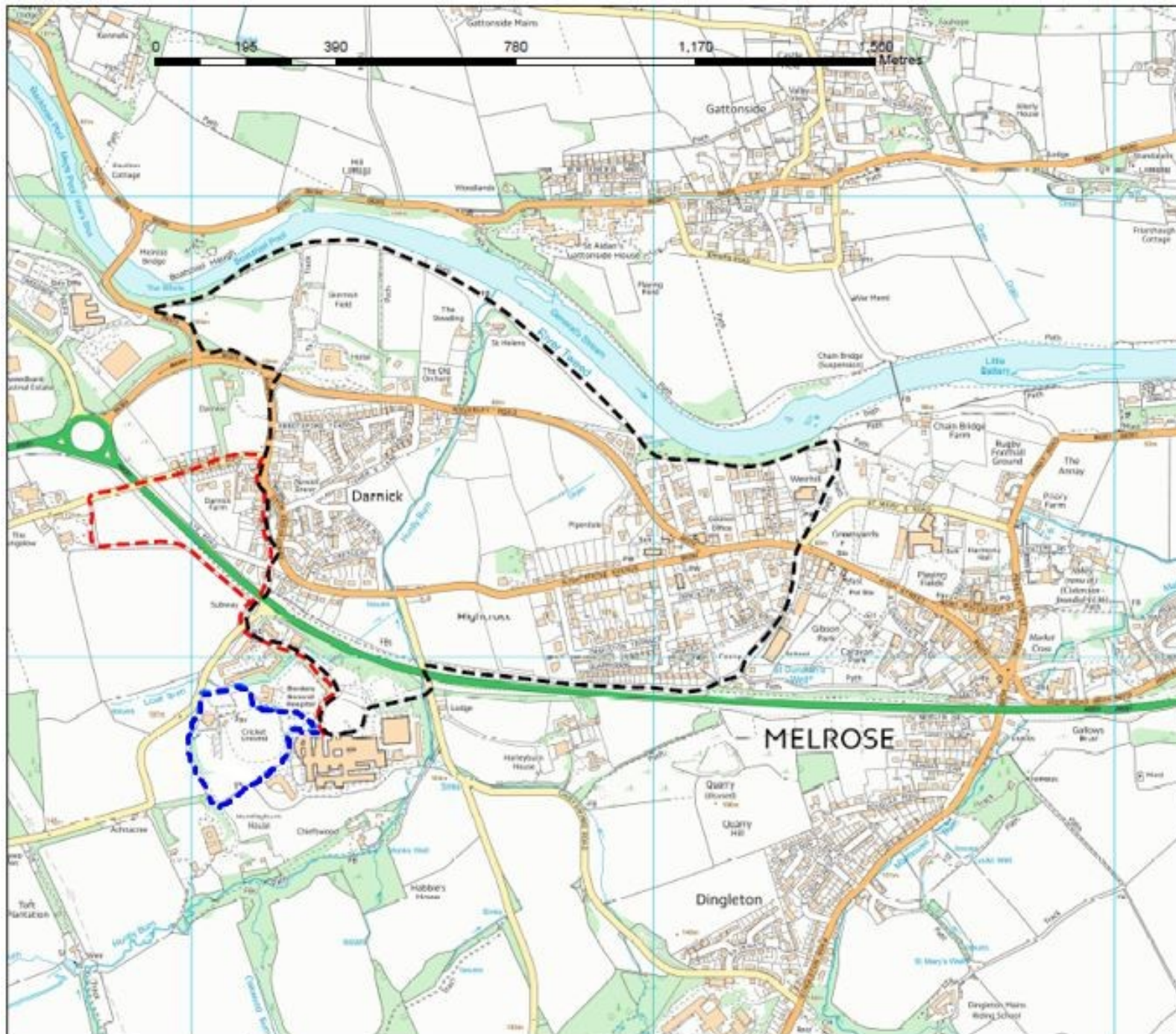
**Even small walks can make a difference. Aim for thirty minutes or even small bouts of ten minutes and aim to walk at a moderate pace (feel warmer and heart beating a little faster) and that's it – simple, achievable and great for you!**

### We also have lots of tools to help you

- Local maps for easy walks near you
- Paths for All publications for every town showing you a wide range of walks local to you


To find out more contact Denise Carmichael  
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**BGH health walks**



Easy (A short walk around the cricket field) 

Moderate (Darnick Circular) 

Longer (Circular past the River Tweed) 

 Scale: 1:7,753

This map has been prepared by the Countryside Access Ranger Service of Scottish Borders Council.

For further details contact:  
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