

# 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:

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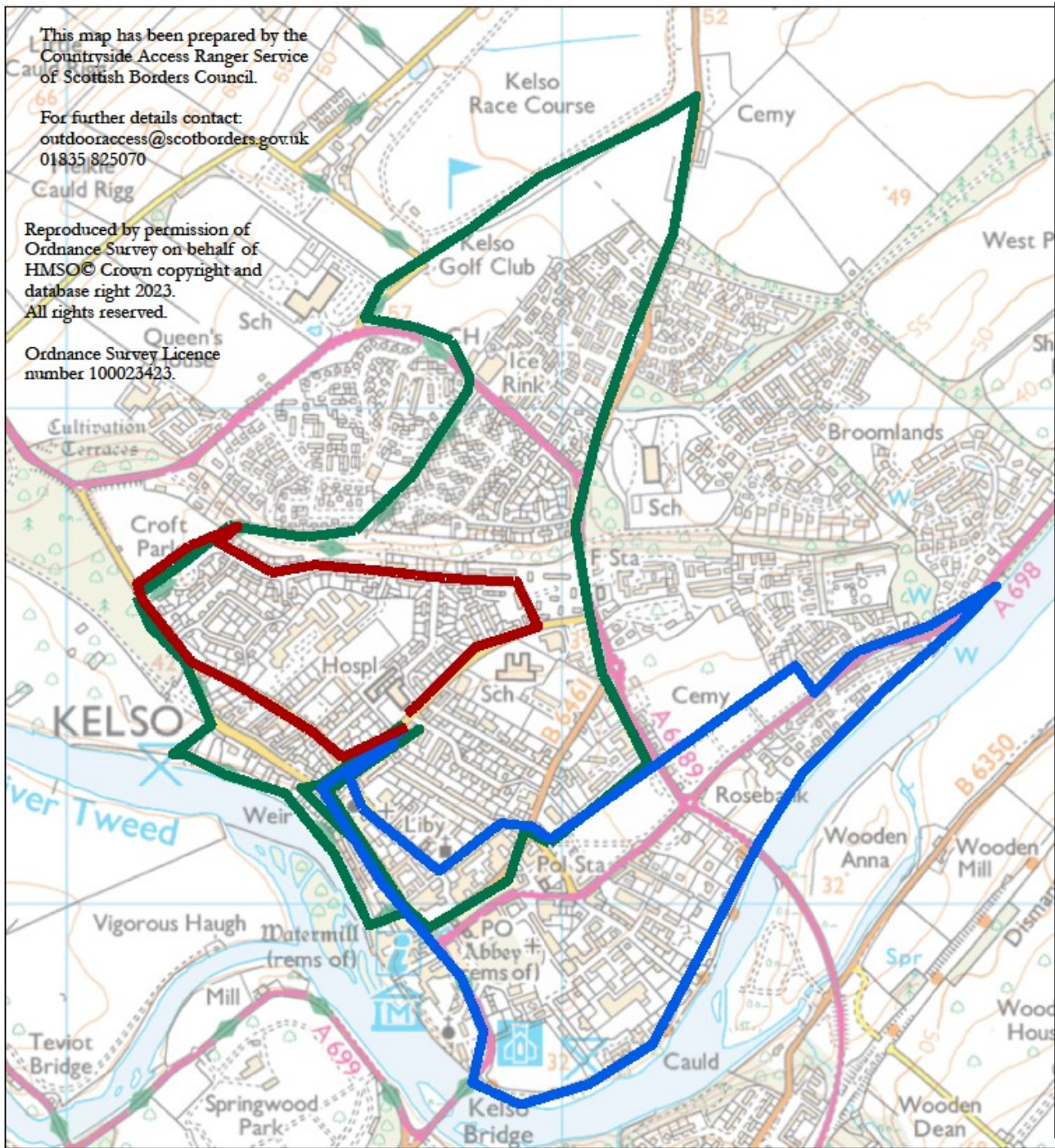


This map has been prepared by the  
Countryside Access Ranger Service  
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## Kelso Health walks from Kelso Hospital

 A short circular  
route on pavements etc  
to Croft park  
approx 2km /1 1/4 miles

 Tweed  
Riverside  
approx 4km /2 1/2 miles

 Borders Abbeys Way  
and Golf Course  
approx 6km /4miles

