



NHS

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

A Weight off your Mind Health Walks **Walkergate Park – all routes**

A Weight off your Mind (AWOYM)

AWOYM is a regional healthy weight management plan supported by the Trust. The plan aims to support service users 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, be it on foot or in your wheelchair.

It is recommended that to improve your health, wheelchair users aged 19 to 64 should take part in at least 150 minutes per week of aerobic exercise and also do strength exercises on two or more days per week.

For non wheelchair users, if you are mobile, it is recommended to improve your health you partake in at least 150 minutes of moderate aerobic activity (for example cycling, or brisk walking) once a week and strength exercises on two or more days a week working all major muscle groups in your body.

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.

Reference: PHE 19 July 2016 – Health matters; getting every adult active every day.

This leaflet sets out four routes which you may use either walking, or in your wheelchair in order to get active. Two of the routes are based on site, around the perimeter of the building and around the garden. The third and fourth routes are longer and involve going off site to a local park and to a local supermarket. You will have to cross roads and use some kerbs for this route.

All routes are fully wheelchair accessible, however the third and fourth route may involve some different types of surfaces which can be slightly uneven. We would recommend you speak to your physiotherapist before exploring these routes if you have mobility issues.

Guide for completion times

High intensity = under 10 minutes

Moderate = 10-12minutes

Light = 12+ minutes

Please ensure you are wearing suitable footwear at all times if you are walking the route. If you are self-propelling in your wheelchair, please ensure you have suitable wheelchair skills, or if you are being propelled by a family member or carer they are able to operate your wheelchair safely.

Walking route 1 – Purple

This route is wheelchair accessible.

You will need to cross a couple of minor roads.

0.5km

Easy – moderate

Walking route 2 – Light Blue

This route is wheelchair accessible.

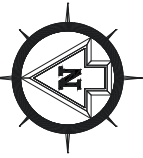
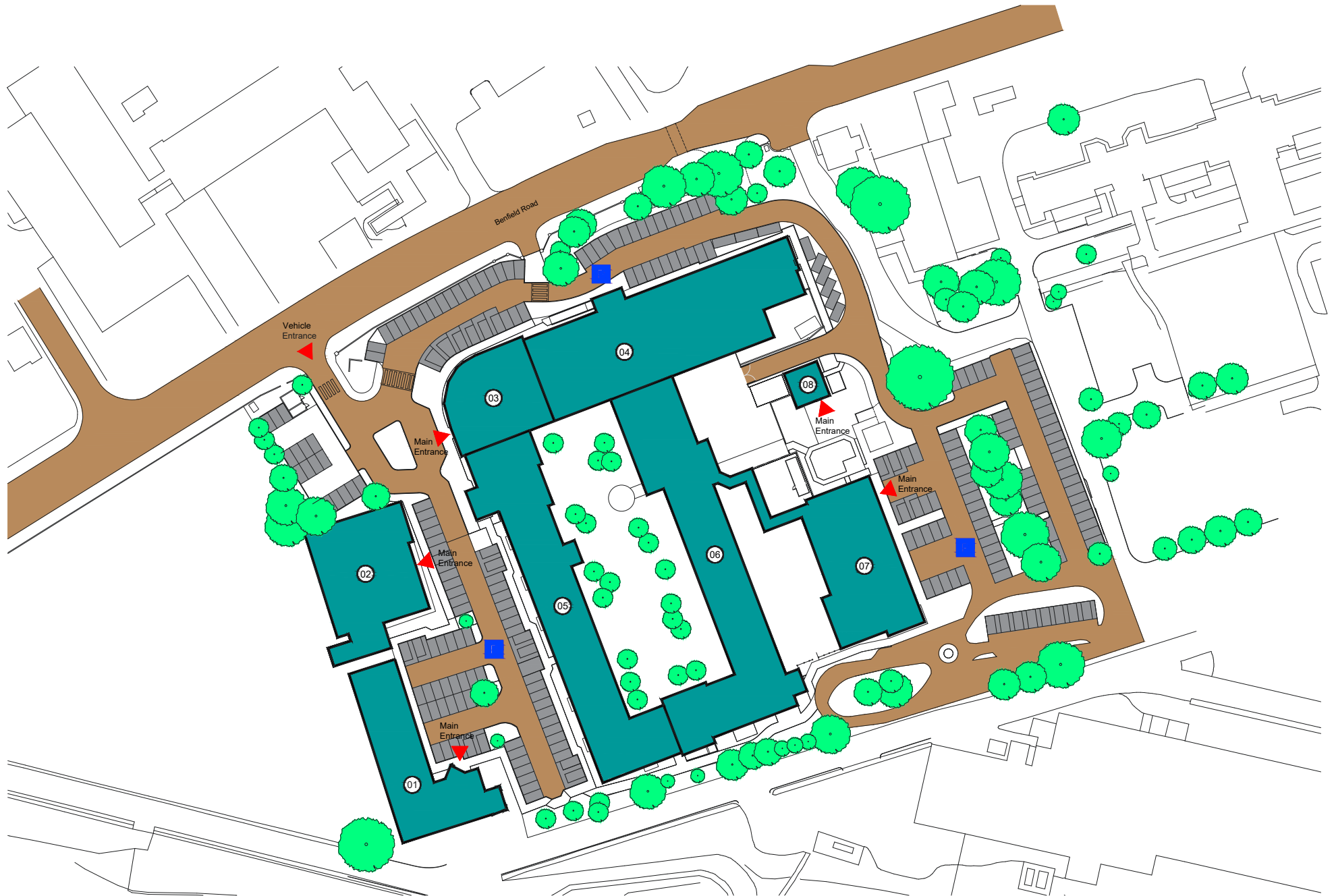
You will be walking/self-propelling around our therapy garden.

0.14 km

Easy



Walkergate Park Site Plan



To find a local walk near you

North Tyneside: www.walkingforhealth.org.uk/walkfinder/north-tyneside-getting-active-walks

Newcastle: www.walkingforhealth.org.uk/walkfinder/active-newcastle

Visit the 'A Weight off your Mind' website to discover other physical activity opportunities in your area.
www.cntw.nhs.uk/awoym