

A Weight off your Mind Health Walks St Nicholas Hospital – yellow route

A Weight off your Mind (AWOYM)

AWOYM is a regional healthy weight management plan supported by the Trust. The plan aims to support those with lived experience of serious mental illness and/or learning disability, 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.

Movement is medicine

Being physically active is an important part of achieving a healthy weight and improving your health and wellbeing. Research shows that by being physical active, you can reduce your risk of developing up to 20 chronic diseases including:

- Dementia by up to 30%
- Type II diabetes by up to 40%
- Cardiovascular disease by up to 35%
- Depression by up to 30%
- Some cancers by up to 30%

Recommendations for physical activity

To gain the most benefit from physical activity national guidelines recommend completing 150+ minutes of moderate intensity, aerobic activity (walking, swimming, jogging) and at least 2 sessions of resistance activities (weight training, yoga, Pilates) per week. 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.

Remember **any activity is better than no activity**. Exercise is like medication, not everyone is on the same dose, so start at a duration and intensity that suits your current fitness levels, you can always increase them as you improve.

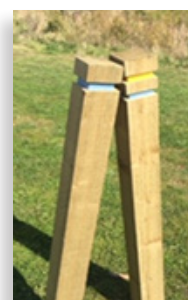
You should always check with your GP or health professional before starting any exercise routine to ensure it is safe for you.

The health walk route

You have chosen to complete the yellow route which is 2km or 1.25 miles in distance. Use the map overleaf and keep a look out for the markers positioned around the route to stay on track.

Tips to maintaining an active lifestyle;

- Set realistic goals and targets
- Track your progress (use a diary or technology)
- Have a training partner(s)



Guide for completion times - The route is mainly flat with some gentle inclines. You'll be walking on pavements, grass and walking trails so please ensure you have the appropriate footwear.

High intensity = under 20 minutes

Moderate = 20-24 minutes

Light = 24+ minutes

To find a local walk near you

Newcastle – www.activenewcastle.co.uk/

South Tyneside – www.walkingforhealth.org.uk/walkfinder/north-east/south-tyneside-walking-works-wonders

Gateshead – www.gogateshead.com/article/6257/Walking

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

St Nicholas Hospital Site Plan

