

Seafront (1.10 miles)

Flat and straight along a quiet stretch of Whitstable seafront towards Tankerton.

Average*

Calories burnt	92
Number of steps	2,150
Time (minutes)	18

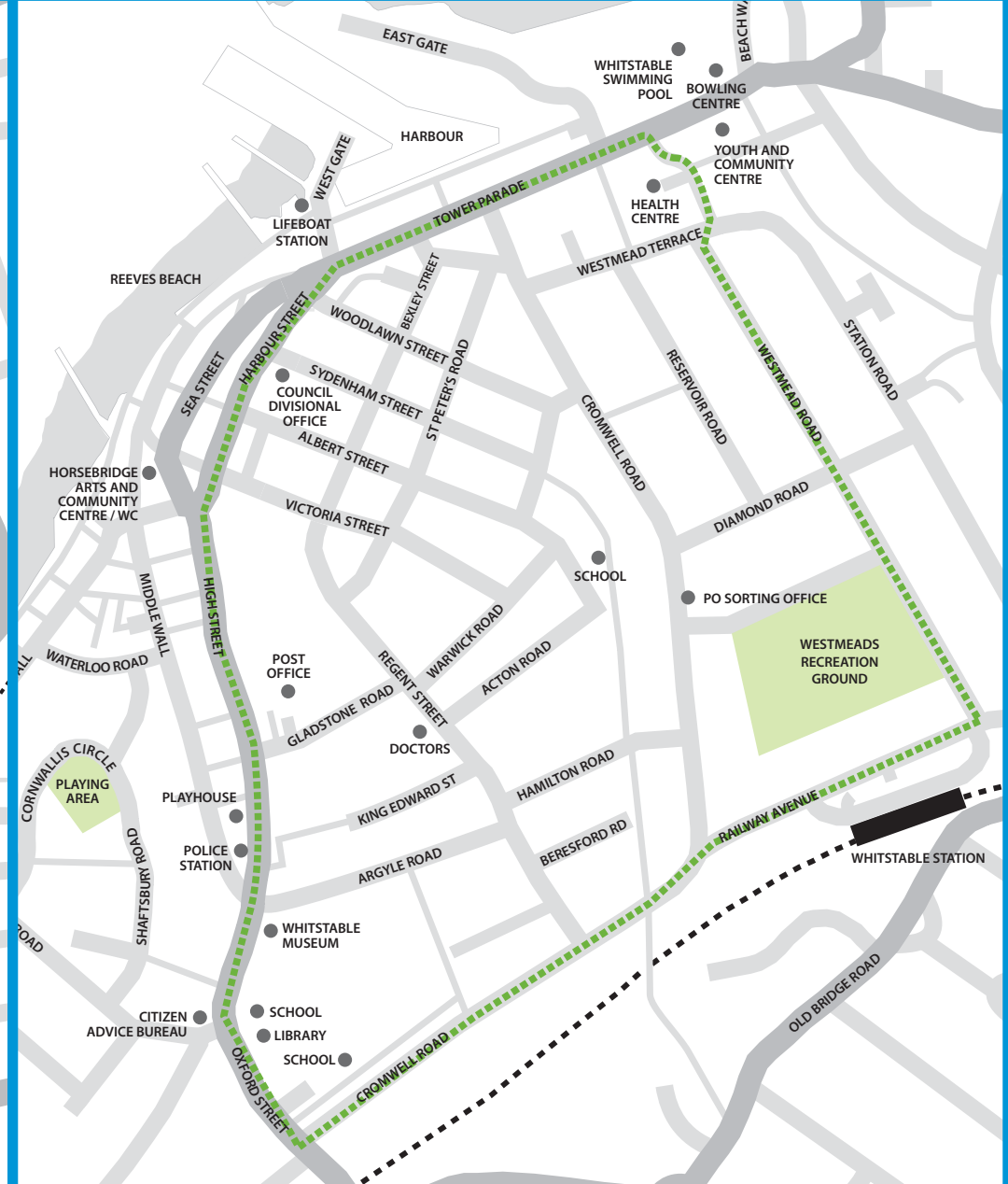
Circular (1.48 miles)

Flat circuit around residential areas, Whitstable train station and the High Street.

Average*

Calories burnt	160
Number of steps	2,968
Time (minutes)	25

* Calculations are based on three people aged between 29 and 54 years who weighed between 62 and 97kg.



Taking steps towards an active lifestyle

Regular moderate exercise can have major benefits to your health and improve your quality of life. Research has shown that your health improves when you exercise and burn more than 2,000 calories a week. On average you'll burn around 60% of your calories without thinking about it, by walking these routes every day you can easily burn off the rest of the calories.

Why not make it part of your day – for example, by getting off the bus a stop earlier, going for a lunchtime stroll or walking into Whitstable – not only will you burn calories, but you will save money on travelling and be helping the environment too.

What next?

Want to know more about these calorie maps?

Email sportsdevelopment@canterbury.gov.uk

For more information about sport and physical activity in the Canterbury district please visit www.activecanterbury.org and for walking visit walking for health at www.whi.org.uk

This leaflet has been designed and created by Canterbury City Council and Eastern and Coastal Kent Primary Care Trust. All efforts have been made to ensure information is accurate at time of going to print. Neither organisation take any responsibility for any injuries that occur as a result.

Useful advice

- Speak with your doctor if you have any medical issues before you start.
- Adults should aim to do moderate exercise for a minimum of 30 minutes a day, five days a week
- Children should aim to do moderate exercise for a minimum of one hour a day.
- Moderate exercise makes you breathe slightly deeper and harder. You should feel slightly warmer and be able to talk without panting.
- Exercise should not make you feel uncomfortable or lead to an injury.
- Be prepared – take some water, wear comfortable shoes and suitable clothing.



Calorie maps

Taking **steps** towards an active lifestyle

get
active
feelalive

promoting opportunities
for a healthy lifestyle

Working in partnership
NHS
Eastern and Coastal Kent

