

If you would like to feel great, have more energy and improve your health and fitness- take a walk in the Abriachan Forest.

Walking is good for you

Walking for just 30 minutes each day:

- ◆ makes you feel better
- ◆ can halve the risk of heart disease
- ◆ can strengthen bones
- ◆ reduces stress
- ◆ helps you to sleep well
- ◆ increases your energy
- ◆ reduces your blood pressure
- ◆ helps you manage your weight
- ◆ reduces the risk of a number of diseases including type 2 diabetes and some cancers

*Walking is a man's best medicine*  
Hippocrates

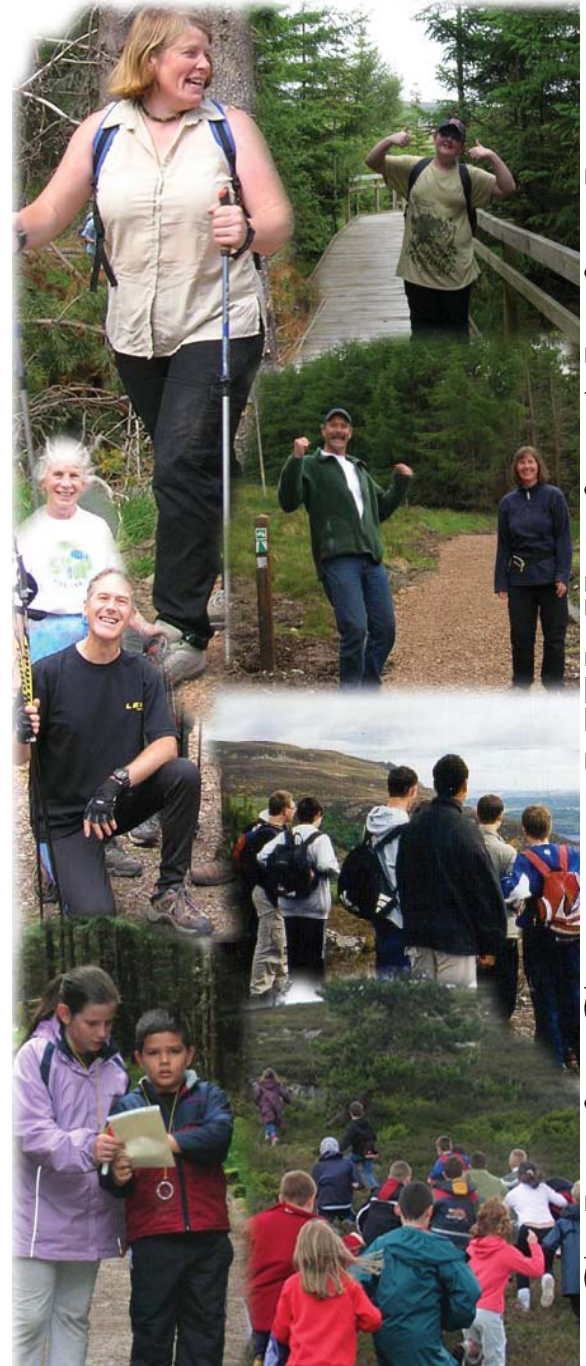


To find out more about the Abriachan Forest Trust visit our web site: [www.abriachan.org.uk](http://www.abriachan.org.uk)



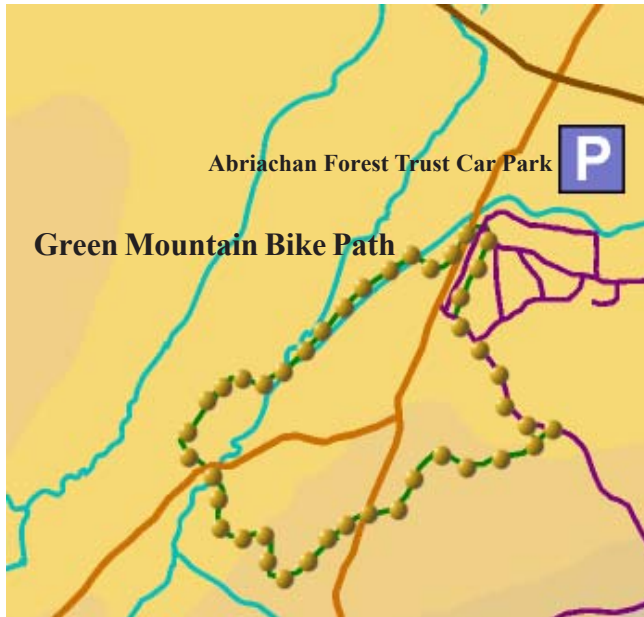
Active people live longer healthier lives

# 100+CALORIES ROUTE



Calorie Counted Walks in Abriachan

## 100+CALORIES ROUTE- 3KM



Start from the main car park. Follow the arrows for the Green Mountain Bike trail through the forest. This walk is ideal for all age groups and can be enjoyed throughout the year. The Abriachan Forest Trust own and manage this forest and one of their aims is to enhance the biodiversity of what was once a rather sterile conifer plantation. Planting native trees in areas cleared of exotic conifers has led to an increase in the number of wild flowers and ferns and you can now enjoy the sound of birds singing in the trees. The feeder burn into Loch Laide has been reinstated and you can see small fish swimming in the burn. Ponds were created to provide a habitat for invertebrates such as dragonflies and damselflies which you can see flying during the summer months.

You can calculate the number of calories that you will burn on this walk from the chart below.

Weight (Kg)	Weight (Stones)	Calories
50	7st 12lbs	134
60	9st 6lbs	160
70	11st	188
80	12st 8lbs	214
90	14st 2lbs	241
100	15st 10lbs	268

**Walking is good for your weight**  
**Increasing your activity by walking this route 5 times per week would use up an additional 670 calories per week and 34,840 calories per year.**  
**One pound of body fat takes 3,500 calories.**  
**So in 1 year you would loose 9.95 lbs of fat.**  
**It does not matter how fast you walk, it is the distance that matters.**

Try out the calorie counted walk and see how many calories you use. The number of calories you use is based on your weight, the path surface and the terrain- whether the path is flat, steep or undulating. Start every walk slowly and gradually increase your pace. After about 5 minutes start walking at a brisker pace so that:

- you feel slightly warmer
- you breathe a little faster
- you feel your heart beating a little faster
- you should be able to talk as you walk

**If you want to walk to improve your fitness  
 “brisk is best”**

The Abriachan Forest is a great place for walking. Walking in peaceful and pleasant surroundings is very good for your mental as well as your physical health.

Walking has been shown to:

- raise self esteem
- relieve symptoms of depression and anxiety
- increase level of happiness



**Walking is the perfect exercise**

- it is free and requires no special equipment
- it is accessible to all
- it can be enjoyed safely
- you can start slowly and build up gently
- it can be a great opportunity for socialising

**For general health, it is recommended that you accumulate a total of 30 minutes of brisk walking, preferably every day of the week.**