

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)

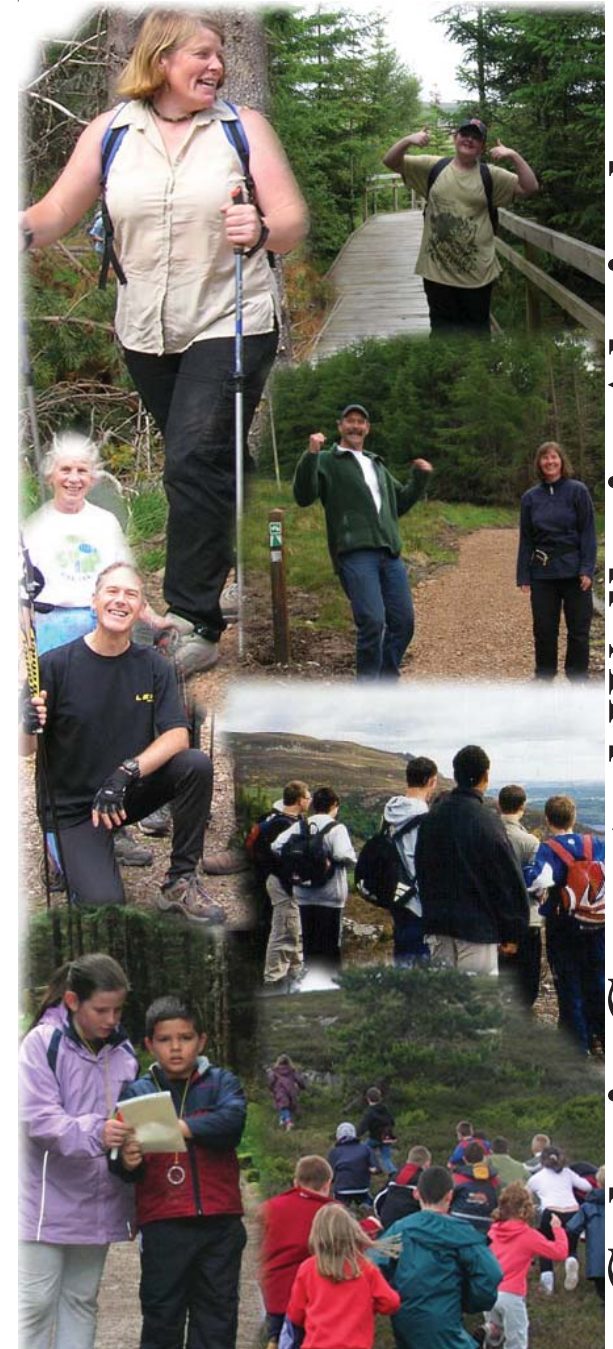


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Active people live longer healthier lives

## 300+ CALORIES ROUTE



Calorie Counted Walks in Abriachan

## 300+ CALORIES ROUTE-7KM



Start from the main car park. Walk past the Round House and take the path which leads you up the hill. When you arrive at the top of Carn na Leitire, pause to enjoy the view. Follow the path down the hill until you arrive at the climbing poles. Go left, continuing down the hill until you arrive at the next junction. Follow the directions which will take you onto the Great Glen Way- two right turns, and continue along this route until you reach the signs directing you to the Abriachan Forest paths. Climb up the path on the right hand side of the road, continuing onto the hill then follow the path which takes you back down the hill to the car park.



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	345
60	9st 6lbs	414
70	11st	483
80	12st 8lbs	552
90	14st 2lbs	621
100	15st 10lbs	690

**Walking is good for your weight**  
 Increasing your activity by walking this route 5 times per week would use up an additional 1,725 calories per week and 89,700 calories per year.  
 One pound of body fat takes 3,500 calories.  
 So in 1 year you would loose 25.6 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.**