

Walking Routes

Red = A short circular route that takes 5-10 minutes and is 500 steps (1/4 mile).

Green = A medium circular route that takes 10-15 minutes and is 1,000 steps (1/2 mile).

Orange = A longer route that takes 30 minutes and is 2,000 steps (1 mile).

Push the boundaries!

Harplands Hospital, part of North Staffordshire Combined Healthcare NHS Trust, sits adjacent to Royal Stoke Hospital. Pick up the Harplands Walk (about half a mile / 10 minutes) through the access gate opposite the Clinical Education Centre.



Royal Stoke University Hospital

Newcastle Road
Stoke-on-Trent
ST4 6QG
Tel. 01782 715444
www.uhnm.nhs.uk

University Hospitals of North Midlands **NHS**
NHS Trust



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- Disabled
 - Cycle Parking
 - Visitor Cycle Parking
 - Entrance
 - Bus Stop
 - Staff Showers
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Ask us about our electric charging points



WALKING ROUTES

Take a break and take a tour around our site.

This project is supported by the following organisations and campaigns:



University Hospitals of North Midlands **NHS**
NHS Trust



Welcome to the UHNM Walking Routes—accessible ways of fitting walking into your every day.

Protect your break time and use it as walking time!

And if you already walk a lot during your working day, keep doing it and find a place to relax and take a break using the benches placed on each route.

Walk more and feel happier, healthier, and more productive!



Walking is...

Healthier! We can burn an extra 50 calories per hour by standing rather than being seated.

Happier! Walking is really good for your mind and in relieving stress and improving your mood.

Easy! It's the everyday activity that keeps us active, improves our health, and gets us out and about meeting people.

Reduce
stress

Increase
fitness

When walking rates increase, congestion, pollution, obesity and other social problems decrease.

- Burn calories
- Energise
- Be smug at work
- Blow away the cobwebs
- Get your heart pumping
- Discover the area
- Free your brain

All of us should aim to do some kind of physical activity on a daily basis. Ideally this activity should add up to at least 150 minutes of moderate exercise (a brisk walk) each week in sessions of at least 10 minutes.

Walking Routes

These circular routes around site (and an additional route through Harplands Hospital) are designed to help you fit walking into your daily routine.

Easy Actions

Convert your meetings to walking meetings. Who said you have to sit down around a table for a meeting? Get a change of scenery, boost your energy, get some fresh air and burn a few calories too.

Prescribe yourself a Health Walk

We've become a nation of sedentary workers. Walking just 30 minutes, five times a week, can help reduce the risk of preventable illnesses such as obesity, diabetes, and heart disease.

10 minutes =
1,000 steps