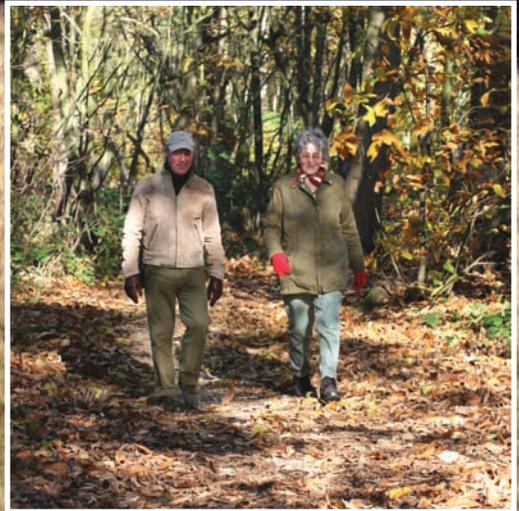




Colchester

# Walk your way to health at Hilly Fields Local Nature Reserve



## Walking can:

- Make you feel good
- Give you more energy
- Reduce stress and help you sleep better
- Keep your heart 'strong' and reduce blood pressure
- Help to manage your weight



## Walking for Health

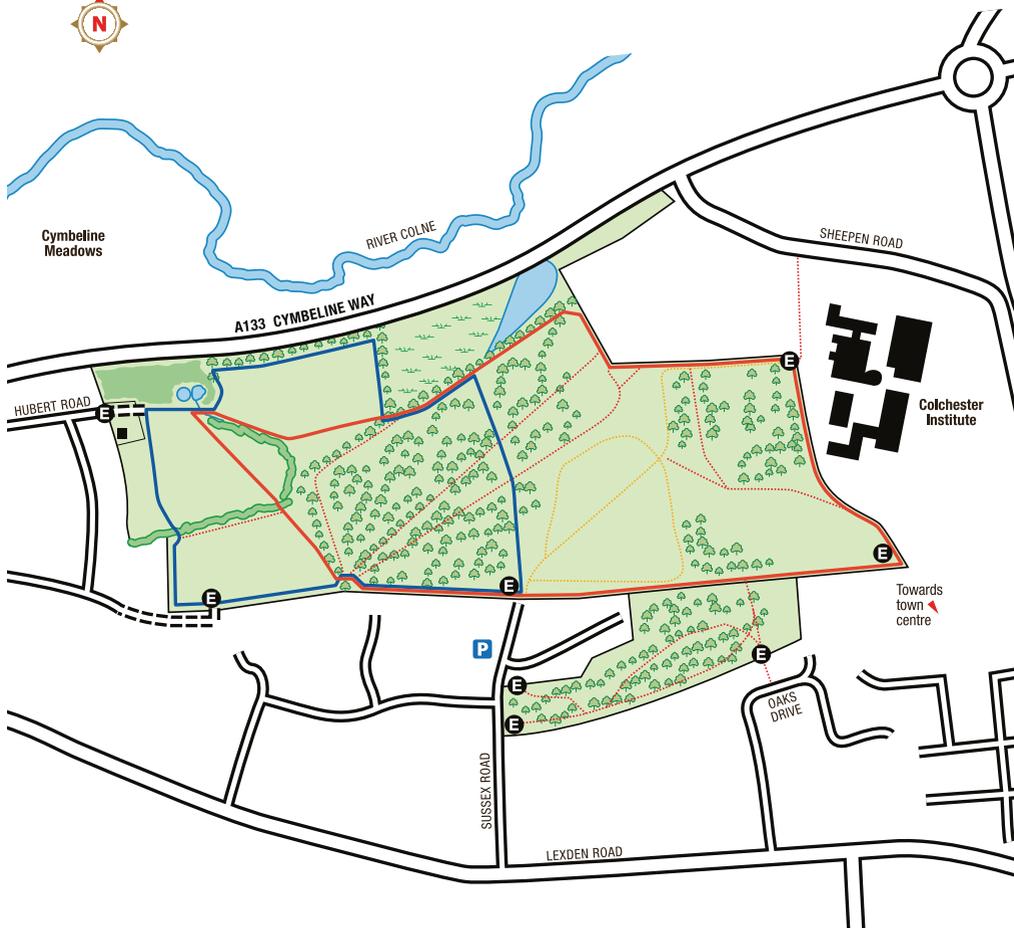
You should aim to walk at a brisk pace which means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat. You should still be able to talk. If you can't carry on a conversation then you're going too fast!

Start every walk slowly and gradually increase your pace. After about 5 minutes start to walk a little faster. Towards the end of the walk gradually slow down your pace.

Walking is a gentle form of exercise and good for all ages and abilities; however, if you have any concerns about starting exercise you should consult your doctor.

## What should I wear?

The only equipment you will need is a good pair of shoes that are comfortable and supportive. Walking boots are recommended during the winter when conditions may be wet and slippery. Loose fitting clothing is also recommended as it will allow you to move more freely.



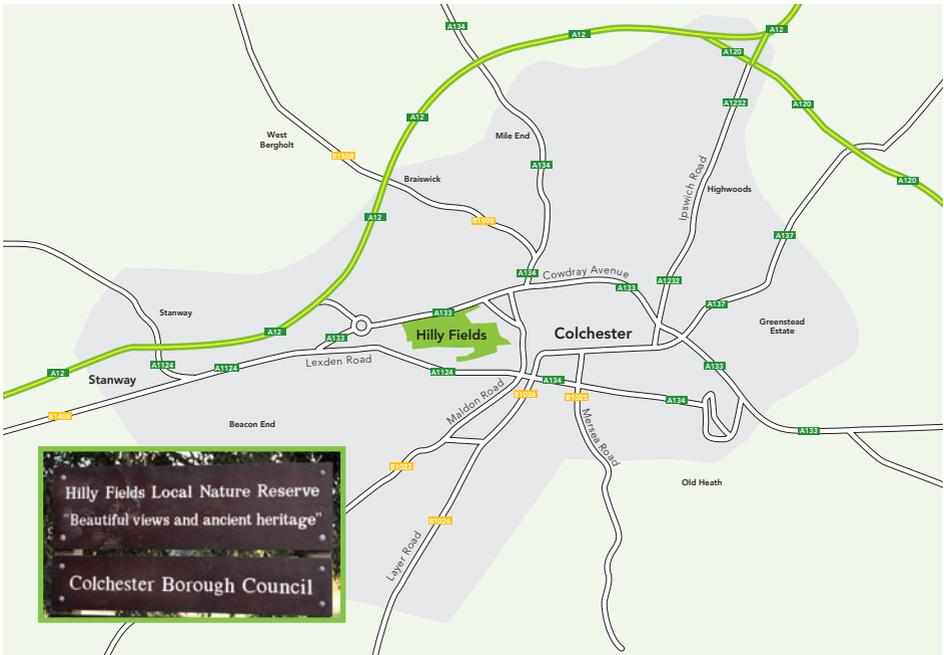
**Key**

-  Woodland
-  Parkland
-  Marshland
-  Lake and ponds
-  Hedges
-  Footpath
-  Easy access path
-  Entrance

### Hilly Fields Walks

<b>Longer Route</b> 	2300 metres	(1.5 miles)	This should take about 30 minutes
<b>Shorter Route</b> 	1640 metres	(1 mile)	This should take about 20 minutes

# How to get there



Parking is available in Sussex Road, off Lexden Road. Please note that parking is limited and that parking restrictions apply at certain times.

## Health Walk Groups

Walking in a group is a great way to start exercising and stay motivated. You will also meet new people and discover other places to walk in Colchester.

Walks take place here and at other locations around Colchester every week; all led by trained walk leaders.

For more information visit [www.colchester.gov.uk/healthwalks](http://www.colchester.gov.uk/healthwalks) or call 01206 282739.



North East Essex **NHS**  
Primary Care Trust