

Get healthy, get active

Working towards a healthier
campus



Inactivity is now recognised as a major factor in health and economic costs, with estimated cost to the economy of £8.2 billion per annum

Walking is the most accessible way of becoming active. There is no need for membership, just a little motivation will achieve results.

For more information on the activities in the leaflet and how you can become healthier and more active then contact:

Sport Centre
T 01273 678288
E sussexsport@sussex.ac.uk
W www.sussexsport.com

US
University of Sussex

Walking, Running, Cycling

The routes in this leaflet vary in distance and difficulty, the red route will take over an hour and is steep in places, where as the purple route is a quick lunchtime route taking approx 20 minutes and is a great introduction to exercise and campus walks. To view the distance and time taken go to www.motionbased.com

You can also join the regular walks on Tuesdays at 1pm from JMS reception or Mondays and Fridays at 1.05pm from the Sport Centre, also this year look out for RSPB led walks.



**Remember
to take
things slowly
and build up
your activity**

Share your route

Sussexsport have recently purchased a Garmin GPS watch compatible with the Garmin Motion Based website. The website allows you to download your route to see information on heart rate, distance, speed, calories expended, elevation and time. The website also allows users to see other routes downloaded by users, from the local area and across the world. So if you are just going out for a walk at lunchtime or the weekend, want a cycle route through Sussex or are travelling then the Garmin Motion Based website is the place to look. To use the GPS watch or to get the password to look at routes contact Terry Cooper on 8345 or t.cooper@sussex.ac.uk

Get healthy, get active

Campus walking, running
and cycling routes



US University of Sussex **sussexsport**

Health benefits of walking

The current adult recommendation is at least 30 minutes of moderate intensity activity on five or more days of the week. Currently only about 37 per cent of men and 25 per cent women achieve the recommended levels. Brisk walking is the perfect activity to help you meet the current exercise recommendations

Benefits of regular physical activity

- Reduce high blood pressure
- Prevention of diabetes
- Helps reduce weight
- Mental health benefits
- Prevents development of osteoarthritis and osteoporosis in certain groups
- Helps to reduce risk of coronary heart disease
- Increased energy levels

How much walking should I do?

Walking will only contribute to the improvement and maintenance of health if it is sufficient intensity, frequency and duration. In order to achieve the health benefits from walking you will need to do at least 30 minutes of moderate intensity on five or more days of the week.

How should I feel?

Being physically active will change how you feel, this is completely normal. You should feel warm, slightly out of breath and feel an increase in heart rate



What will I need?

Good footwear is essential. Take water with you and ensure that you drink every 10 minutes. If you are planning to complete one of the more demanding routes then ensure that you are properly hydrated, if you are thirsty then you are probably already dehydrated. Ensure that you have eaten a reasonable breakfast or lunch a couple of hours prior to your activity.



Useful information

www.healthycampus.com
www.whi.org.uk
www.sussexsport.com
www.sustrans.org.uk
www.who.int
www.bbc.co.uk/health

Get healthy, get active

The Healthy Campus 'Get healthy, get active' leaflet has been put together so that the university community can improve their health and well being and experience the beautiful surrounding countryside.

The leaflet contains varying levels of walks, runs and cycle routes. Also contact Sussexsport on 01273 678228 for more routes



Reduce your carbon footprint

A carbon footprint is a measure of the impact our activities have on the environment in terms of the amount of greenhouse gases we produce. It is measured in units of carbon dioxide. Walking to work rather than taking a short journey by car or bus can help to reduce the gases produced and also increase fitness and improve your health & well being. You could start by getting off the bus one stop before your stop and then progress to two. This will make a big difference to your fitness levels, even if it feels like a small change

Here's a list of simple things you can do to reduce your carbon footprint

These will start to reduce your contribution to global warming. The items in this list will cost you no money at all and will in fact save you money.

- Car share your journey to work
- If your journey is short, walk to work
- Turn it off when not in use (PC, Printer, TV etc)
- Turn down the central heating slightly (try just 1 to 2 degrees °c)
- Turn down the water heating setting (just 2 degrees °c will make a significant saving)
- Fill your washing machine or dishwasher with a full load
- Fill the kettle with only as much as you need
- Unplug your mobile phone as soon as it has charged.