

- ◀ Dundee Travel Active is encouraging residents of Dundee to get more activity in their daily routines, to benefit health at the same time as protecting the environment

This leaflet explains why we're trying to encourage Dundee residents to get more active and shows how you can get involved.

Being more active is proven to:

- help stop children becoming overweight, so reducing their chances of health problems later
- reduce the risk of diabetes, cancer, heart disease and stroke by up to a half
- help older people reduce the risks of trips and falls, and increase muscle and joint strength
- help control anxiety and make you feel better about yourself
- help you stop smoking or overcome other addictions



Getting in touch

For advice on getting more active, contact us:

Dundee Travel Active Team
Unit 31B, Wellgate Shopping Centre
Dundee
DD1 2DB

[t] 0800 111 4510 (free)
[e] info@dundeetravelactive.com

For advice on specific health issues, please contact:

For minor problems:
your local pharmacist

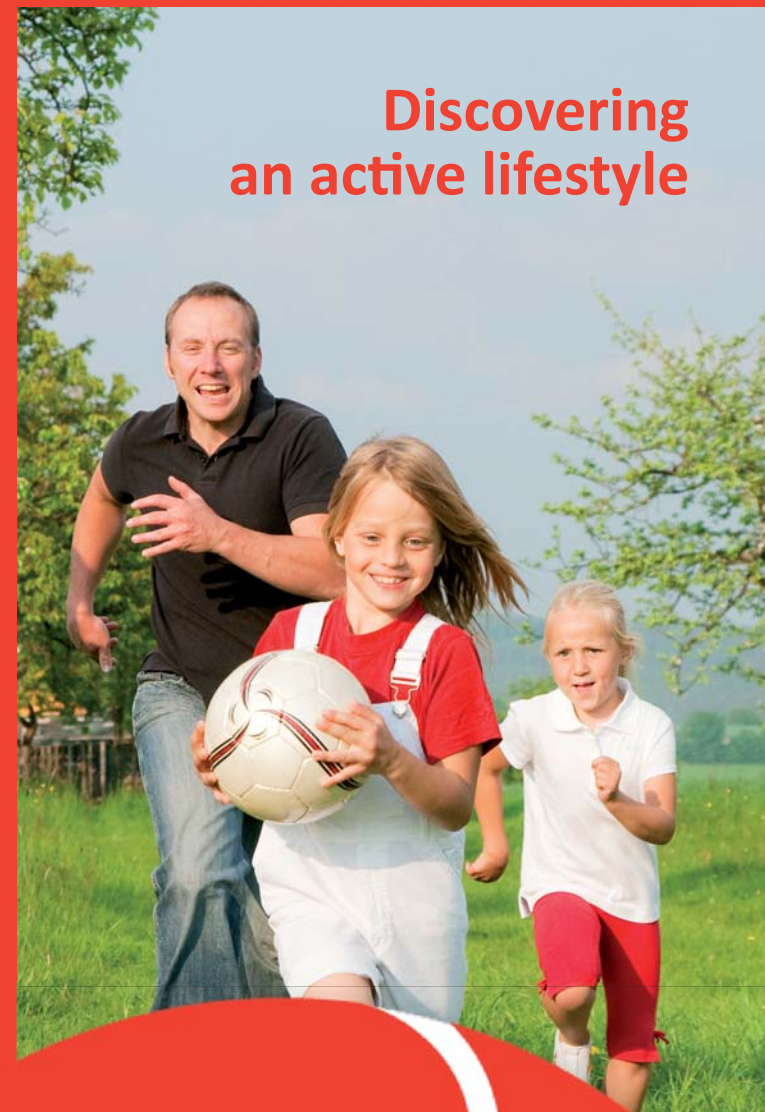
For more serious problems:
your GP or the NHS24 helpline (08454 24 24 24 or www.nhs24.com)

For advice on healthy lifestyles, including diet and stopping smoking:
the Dundee Healthy Living Initiative at the Mitchell Street Centre (01382 435824)

Dundee Travel Active is an initiative being managed by Dundee City Council to encourage residents and visitors to Dundee to try more active ways of travelling. For more information, visit www.dundeetravelactive.com

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Discovering an active lifestyle



How much exercise do I need?

Your GP recommends that to maintain a good level of fitness, most adults need to get at least 30 minutes of “moderate intensity” activity at least 5 times a week. This doesn’t have to all be in one go – 2 periods of 15 minutes activity, or 3 periods of 10 minutes, activity will do. For children an hour’s activity every day is recommended.

In Tayside, research shows that only 41% of men and 31% of women currently achieve this level of activity.

What is moderate intensity?

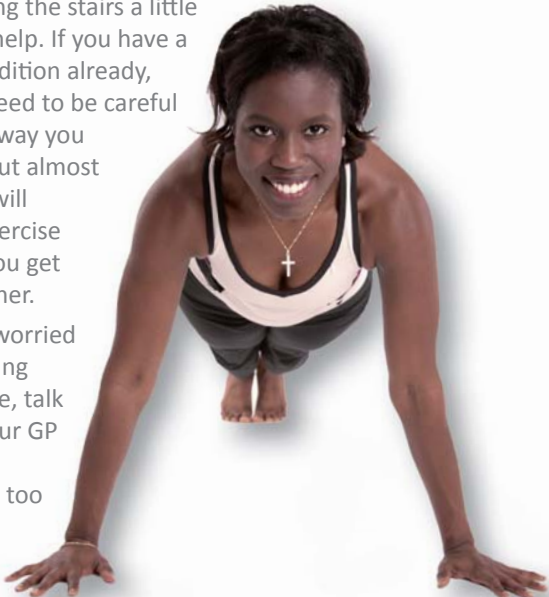
Something that raises your heart rate a little and makes you feel a bit warmer. You can judge how active you need to be. You should be aiming to be a little out of breath, but still able to hold a conversation.

What if I can’t exercise?

You don’t need to do too much at the start, especially if you don’t exercise much at the moment. We don’t expect everyone to be out jogging!

A walk to the shops might be enough for you. If you find it difficult to get out of the house, using the stairs a little more will help. If you have a health condition already, you may need to be careful about the way you exercise, but almost everyone will benefit; exercise will help you get better sooner.

If you are worried about getting more active, talk to us or your GP before you start doing too much.



How to do it

Getting more active needn’t be expensive or time consuming.

We think that it is easy for many people to get this activity while travelling. Walking and cycling is cheap and needn’t take up too much extra time in the day. There are lots of ways to get more activity:

- walking to the local shops rather than driving to the supermarket can get you the exercise you need and save petrol costs too. You can always get the bus back again if you end up buying lots of things
- active play with the kids in the garden or park will do everyone good and is a great way of having fun together
- walking up the stairs at work instead of using the lift
- gardening and housework can count towards your 30 minutes
- active leisure pursuits such as swimming or dancing are enjoyable ways of getting exercise and can also be a great way of meeting or making friends



How to get involved

You can get involved in Dundee Travel Active today by:

- getting in touch with the Dundee Travel Active Team to request free information. Our trained Advisors can provide you with ideas and resources for getting more active in ways that suit you
- visiting our shop in the Wellgate Centre to pick up resources or speak to an Advisor
- telephoning us free on **0800 111 4510** or email us on info@dundeetravelactive.com to book a phone or face to face appointment
- looking at some of the information and ideas on our website: www.dundeetravelactive.com
- taking part in one of our Travel Active Challenges – you can find out more from our Advisors or from the website. By completing a challenge, you can also enter a prize draw to win a range of great prizes