

# Calorie Map Feedback Form



Where did you pick up this map? (please tick)

Workplace  
 University/College  
 Tourist Information Centre  
 Merseytravel Centre  
 Hotel/Library  
 Other \_\_\_\_\_

What has this map been most useful for? (tick one)

Motivation to walk more  
 Lunchtime Walks  
 City centre map/Tourist information  
 Walks to and from public transport/work  
 Awareness of health benefits of walking  
 Other \_\_\_\_\_

Before you picked up this map, how much did you usually walk per day?

Never     1-10mins     11-20mins  
 21-30mins     31-45mins     46mins+

Before you picked up this map, how many days per week did you usually walk for half an hour or more?

Never     1-2 days     3-4 days  
 5 days     6 days     7 days

Since picking up this map, how much do you usually walk per day?

Never     1-10mins     11-20mins  
 21-30mins     31-45mins     46mins+

Since picking up this map, how many days per week do you usually walk for half an hour or more?

Never     1-2 days     3-4 days  
 5 days     6 days     7 days

Has this map helped you think about the health benefits of walking for short journeys?

Not at all     Sometimes  
 Often     Always

Is there anything that can be done to improve this map?

\_\_\_\_\_  
 \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Postcode: \_\_\_\_\_

Age: (please tick)

18-25     26-35     36-45     46-64     65+

Gender: (please tick)

Male     Female

Any personal information given will be used for promotional purposes by Merseytravel and handled in accordance with the data protection act 1998. To thank you for your feedback we will send you a free pedometer. LCM-06

## Fit for life

Walking gives you a relaxing start to the day and is easy to fit into your daily life. It is a superb way of relieving stress and many people find a walk is a great way of winding down.

### Getting started

You may already be doing some activity but know you should be doing more, regular walking is an excellent way of gently stepping up your activity. Why not try walking to work instead of getting the bus or leave the car at home and walk to the station. You may wish to go for a walk at lunchtime or walk to the local shops.

### Isn't walking too easy? Shouldn't I be exercising hard to get fit?

It depends on how fit you want to get! If you get fit for sport then yes you need to work hard but the major health benefits can come with lighter exercise as long as you do it **regularly** and do **enough**. The latest scientific evidence shows that health benefits will begin to arise if you burn off at least 2,000 calories a week by exercising, or doing 10,000 steps a day.

### It all adds up

Is a 100 calorie walk really worthwhile when the energy could be replaced by one cream cake? But imagine you added some walking to your journey in and out of work each day. Walking for short trips regularly it all adds up.

For example:

Route 1 Lime St Station - Pier Head, return journey (based on 11st person)

	Daily	Weekly	Monthly	Yearly
Calories	244	1220	5287	63440
Steps	6860	34300	148633	1783600

63,440 calories a year, which means nearly 18lb of body fat.

### Work out your calorie count

Weight	10 mins	20 mins	30 mins	40 mins
7st 12lbs	29	58	86	115
9st 6lbs	35	69	104	138
11st 0lbs	40	81	121	161
12st 8lbs	46	92	138	184
14st 3lbs	52	104	156	208
15st 10lbs	58	115	173	231

The numbers show the calories burnt, based on flat terrain which is of a good, consistent hard surface like a pavement. Numbers are based on an average person.

### Useful Contact

For details of short guided walks in the parks and open spaces around Liverpool, contact the Health Promotion Services. Telephone: 0151 707 1555

Park Rangers  
Telephone: 0151 233 3007

### Local Transport Plan

TravelWise is Merseyside's campaign run by the 5 councils and Merseytravel to help people on Merseyside make sustainable transport choices - public transport, walking, cycling and using cars wisely. Telephone 0151 330 1253

# The Walks

### Route 1 - ONE WAY

Lime St Station - Ranelagh St - Hanover St - Paradise St Interchange - Albert Dock - Pier Head

Steps 3430

Time Approx 30 minutes



### Route 1 - ONE WAY

Central Station - Albert Dock

Steps 2647

Time Approx 20 minutes



### Route 2 - ONE WAY

Lime St Station - Mount Pleasant - RC Cathedral - Hope St - Philharmonic Hall - Anglican Cathedral - Upper Duke St - Chinese Arch - Berry St - Bold St - Central Station

Steps 3353

Time Approx 30 minutes



### Route 3 - ONE WAY

Lime St - Pudsey St - London Rd - Pembrok Pl - Ashton St - Brownlow Hill - Ranelagh St - Central Station

Steps 3519

Time Approx 30 minutes



### Route 3 - ONE WAY

Lime St - Royal Liverpool University Hospital in Ashton St

Steps 1336

Time Approx 15 minutes



### Route 4 - ONE WAY

Lime St - Queen Sq - St Johns Lane - Victoria St - Crosshall St - Dale St - Exchange St East - Chapel St - St Nicholas Place - Pier Head

Steps 2286

Time Approx 25 minutes



### Route 4 - ONE WAY

Lime St Station - Town Hall in Dale St

Steps 1229

Time Approx 15 minutes



### Route 4 - ONE WAY

Queen Sq Bus Station - Town Hall in Dale St

Steps 866

Time Approx 10 minutes



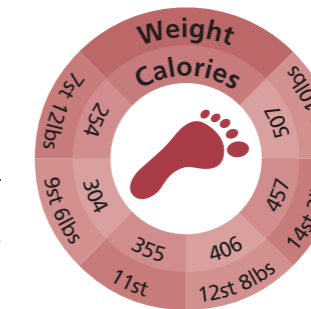
### Route 5

Tourist Circle

Lime St Station - William Brown St - Dale St - Exchange St East - Chapel St - Pier Head - Albert Dock - Paradise St Interchange - Duke St - Upper Duke St past Anglican Cathedral - Hope St to Catholic Cathedral - Mount Pleasant - Lime St Station

Steps 7543

Time Approx 60 minutes



### Route 6 - ONE WAY

John Moores Byrom St - St Johns Lane - Lime St - Ranelagh St - Hanover St - Paradise St Interchange

Steps 1289

Time Approx 20 minutes



www.LetsTravelWise.org

TravelWise is a great way to enjoy the city and stay healthy with your TravelWise calorie map its easy and fun.  
 Fitting walking into a busy life  
 To get health benefits from walking you only need to walk briskly for 30 minutes, 5 days a week. If it suits you to do 3 sessions of 10 minutes a day that's just as good. Or try building up gradually to 10,000 steps a day.  
 Reward yourself  
 Keep your motivation going by rewarding yourself after a month of regular walking. How about adding up the petrol money you have saved and buy yourself a treat.  
 Produced in conjunction with Chelsea School, University of Brighton.



# Liverpool Calorie Map

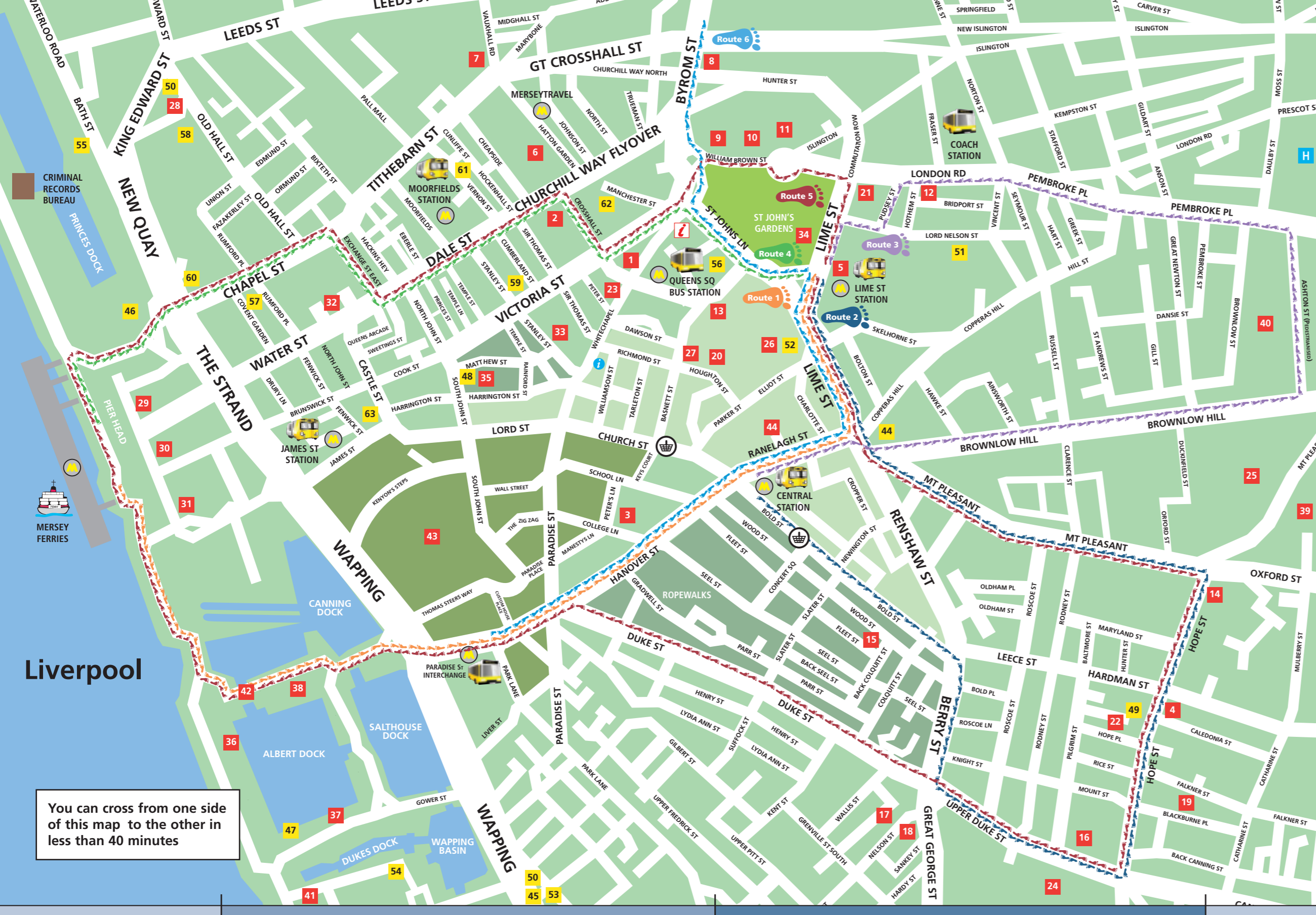
Whether at work or leisure, walking your way to 30 minutes exercise a day is easy.



Moisten, seal and post

Moisten, seal and post

Moisten, seal and post



Liverpool

You can cross from one side of this map to the other in less than 40 minutes

**Key**

Route 1		Route 4	
Route 2		Route 5	
Route 3		Route 6	

**Hotels**

44 Britannia Adelphi	50 Formule 1	55 Malmaison	61 Travel Inn Metro
45 Campanile	51 The Liner	56 Marriott	62 Travelodge
46 Crowne Plaza	52 Holiday Inn City Centre	57 Racquet Club	63 62 Castle Street
47 Express Holiday Inn	53 Ibis	58 Radisson SAS	
48 Hard Days Night Hotel	54 Jurys Inn Hotel	59 Sir Thomas Hotel	
49 Hope St Hotel		60 Thistle	

**Places of Interest**

- 1 Millennium House
  - 2 Municipal Building
  - 3 Bluecoat Arts Centre
  - 4 Philharmonic Hall
  - 5 JMU Halls
  - 6 Victoria Halls
  - 7 JMU Tithebarn Street
  - 8 JMU Byrom Street
  - 9 World Museum Liverpool
  - 10 Central Library
  - 11 Walker Art Gallery
  - 12 Odeon Cinema
  - 13 Royal Court Theatre
  - 14 Everyman
  - 15 FACT Centre
  - 16 LIPA
  - 17 Chinese Arch
  - 18 Blackie
  - 19 Blackburne House
  - 20 Radio City Tower
  - 21 Empire Theatre
  - 22 Unity Theatre
  - 23 Conservation Centre
  - 24 Anglican Cathedral
  - 25 Metropolitan Cathedral
  - 26 St Johns Shopping Centre
  - 27 Playhouse Theatre
  - 28 Passport Office
  - 29 Royal Liver Building
  - 30 Cunard Building
  - 31 Port of Liverpool Building
  - 32 Liverpool Town Hall
  - 33 Met Quarter
  - 34 St Georges Hall
  - 35 Cavern Walks
  - 36 Tate Gallery
  - 37 Beatles Story
  - 38 Maritime Museum
  - 39 University of Liverpool
  - 40 University of Liverpool
  - 41 Arena & Convention Centre
  - 42 International Slavery Museum
  - 43 Liverpool One
  - 44 Clayton Square
- H** Royal Liverpool University Hospital  
 08 Place



LTP Support Unit  
 24 Hatton Garden  
 Liverpool  
 L3 2AN

Business Reply  
 License Number  
 RLUB-HJZA-RZSZ

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