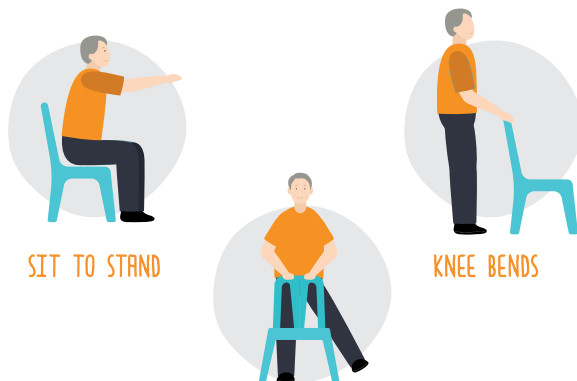


HOW TO LIVE LONGER BETTER

Sir Muir Gray is leading a revolution to enable people to Live Longer Better. Did you know? Regular physical activity can prevent, or delay, many of the health problems that come with age. Increasing your physical fitness, through walking, can reduce the risk of heart disease and stroke. Are you worried about falling? Strength, balance and flexibility exercises, like the ones found below, can help to make you feel stronger and more confident on your feet.



SIT TO STAND

KNEE BENDS

SIDE HIP STRENGTHENER

SCAN ME



MORE ACTIVITIES
CAN BE FOUND ON:

www.activecumbria.org

IMPORTANT INFORMATION

The Whitehaven to Ennerdale Cyclepath runs through the centre of Cleator Moor. You can join the path from Phoenix Bridge. If travelling by car: there is plenty of free on street parking available on the streets surrounding Phonex Bridge. Postcode: CA25 5AA.

Why not reduce your Carbon Footprint? Did you know Phoenix Bridge is in the centre of Cleator Moor with regular buses to the High Street throughout the day.

Published by The Hiking Household. Design by LCB Creative
www.hikinghousehold.com

LIVE LONGER BETTER.

in Cumbria



THE WHITEHAVEN TO ENNERDALE CYCLE PATH, CLEATOR MOOR

A series of walks to help people of
Cumbria to Live Longer Better.



Be part of it!

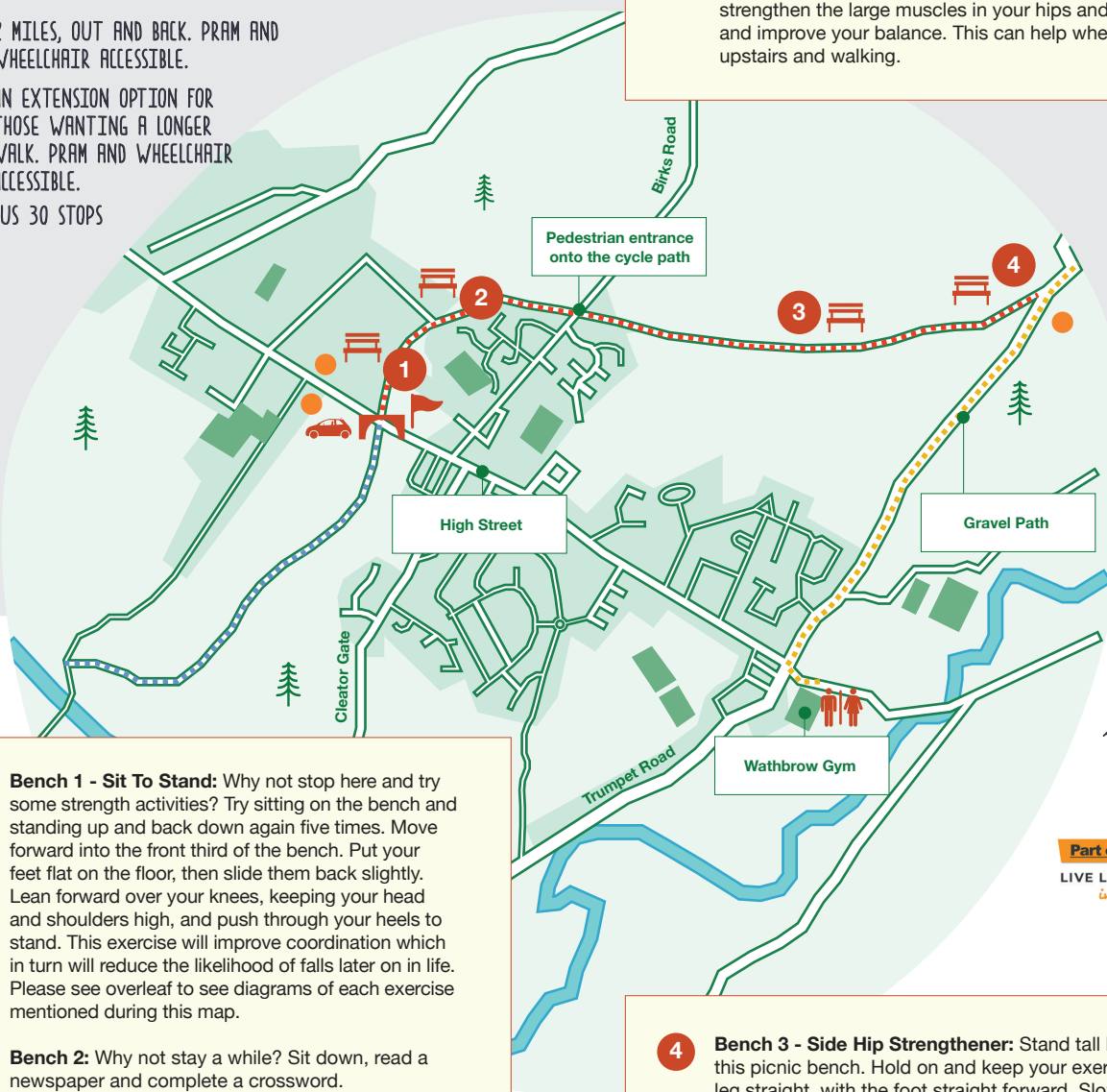
THIS MAP WAS MADE POSSIBLE BY ACTIVE CUMBRIA'S
LIVE LONGER BETTER IN CUMBRIA PROGRAMME FOR
OLDER ADULTS AND THE RECONDITIONING FUND.

FLAGS INDICATE THE START OF EACH ROUTE

 **2 MILES, OUT AND BACK. PRAM AND WHEELCHAIR ACCESSIBLE.**

 **AN EXTENSION OPTION FOR THOSE WANTING A LONGER WALK. PRAM AND WHEELCHAIR ACCESSIBLE.**

 **BUS 30 STOPS**



1 Bench 1 - Sit To Stand: Why not stop here and try some strength activities? Try sitting on the bench and standing up and back down again five times. Move forward into the front third of the bench. Put your feet flat on the floor, then slide them back slightly. Lean forward over your knees, keeping your head and shoulders high, and push through your heels to stand. This exercise will improve coordination which in turn will reduce the likelihood of falls later on in life. Please see overleaf to see diagrams of each exercise mentioned during this map.

2 Bench 2: Why not stay a while? Sit down, read a newspaper and complete a crossword.

3 Bench 3 - Knee Bends: Stand up tall against the bench and bend one knee. Bring your foot slowly towards your bottom, keeping the other leg straight. Return to the starting position. Try this 5 times on each side, building up to 10 times. This exercise will strengthen the large muscles in your hips and thighs and improve your balance. This can help when going upstairs and walking.

4 Bench 3 - Side Hip Strengtheners: Stand tall beside this picnic bench. Hold on and keep your exercising leg straight, with the foot straight forward. Slowly lift your leg out to the side, and return. Try to keep your body upright. Repeat 5 times, build up to 10 times. Swap round and exercise the other leg. This exercise strengthens your hip muscles and helps you with stepping up over pavements or kerbs.

Safety Brief: This map follows accessible footpaths and cycle paths.. Please do take care when walking and be mindful of passing cyclists. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog. Follow the countryside code and always leave no trace of your visit.

THE HIKING
-HOUSEHOLD-

Part of the
LIVE LONGER BETTER.
in Cumbria
revolution!