



# tower hamlets



becoming a  
healthy borough

walking maps

walk 4 life

isle of dogs

- Mudchute Farm: 2 miles / 40 mins
- Views of Greenwich: 3.1 miles / 62 mins
- Island Gardens Mile: 1 mile / 20 mins
- Surgery

For more information or to  
download a map visit:  
[www.towerhamlets.gov.uk/walking](http://www.towerhamlets.gov.uk/walking)  
or [www.walk4life.info](http://www.walk4life.info)

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# Walking is great exercise and boosts health and wellbeing

## Brisk is best! Walk at a pace where you:

- Feel warmer
- Are slightly out of breath but can still hold a conversation
- Feel your heart rate increase

Walking (or other forms of physical activity) for 30 minutes 5 times a week is recommended for good health. Remember, active people live longer and are healthier in old age – spending time on walking is a good investment.

## Walking:

- Helps reduce many potential health risks, including heart disease, stroke, high cholesterol and blood pressure, and diabetes.
- Boosts your immune system, and improves flexibility and posture
- Raises your metabolism so you burn calories and body fat faster, even while you rest
- Improves mental health and wellbeing

Why not walk some of the way to work, school or college? It's often quicker than driving or public transport and improves your health at the same time!

Walking is a low risk activity and safe for most people, however if you are concerned or suffer from the following conditions please seek medical advice before commencing any physical activity programme: A heart condition, chest pains, dizziness/loss of consciousness, a bone or joint problem.



To find out more about walking in the area (including Health Walks Scheme Walk Tower Hamlets) see [www.towerhamlets.gov.uk/walking](http://www.towerhamlets.gov.uk/walking) or email [walking@towerhamlets.gov.uk](mailto:walking@towerhamlets.gov.uk)



Make a Change is an online directory where you can find information about services in Tower Hamlets to help you lead a healthier lifestyle. [www.towerhamlets.nhs.uk/makeachange](http://www.towerhamlets.nhs.uk/makeachange)

Health Trainers are available to advise on living a healthier life, including physical activity, healthy eating and stopping smoking.

### Northwest Locality (LAPs 1&2)

Osmani Trust, Vallance Road, E1 5AB

Team Leader: Shelim Shakir

[Shelim.shakir@osmanitrust.org](mailto:Shelim.shakir@osmanitrust.org) 020 7247 8080

### Southwest Locality (LAPs 3&4)

Stifford Centre, 2-6 Cressy Place, E1 3JS

Team Leader: Jamia Khanom

[jkhanom@stifford.org.uk](mailto:jkhanom@stifford.org.uk) 020 7790 3632

### Northeast Locality (LAPs 5&6)

Bromley-by-Bow Centre, St Leonard's Street, E3 3BT

Team Leaders: Asha Parmar and Genefer Victorin

[asha@bbbc.org.uk](mailto:asha@bbbc.org.uk) [geneferv@bbbc.org.uk](mailto:geneferv@bbbc.org.uk) 020 8983 7987

### Southeast Locality (LAPs 7&8)

Poplar and Limehouse Health and Wellbeing Network, Gough Walk Practice

74 Gough Walk, Canton Street, E14 6HR

Team Leader: Vasanti Hirani

[Tow-pct.7and8HT@nhs.net](mailto:Tow-pct.7and8HT@nhs.net) (t) 020 3069 8380

With thanks to the Ramblers  
Get Walking Keep Walking project  
and Graham Barker of Walk East  
for providing some of the routes on this map.



## What do you think of this map?

Fill in our online survey at [www.surveymonkey.com/s/walkmap](http://www.surveymonkey.com/s/walkmap) to give yourself the chance of winning one of four £25 vouchers.