

# Active Travel

## June News

### *Daily 11 minute brisk walk enough to reduce risk of early death*

I'd like to share an article from the University of Cambridge that highlights research showing how just 11 minutes of walking a day could prevent 10% of early deaths.

In a study published in the *British Journal of Sports Medicine*, the researchers say that 11 minutes a day (75 minutes a week) of moderate-intensity physical activity – such as a brisk walk – would be sufficient to lower the risk of diseases such as heart disease, stroke and a number of cancers.

Cardiovascular diseases – such as heart disease and stroke – are the leading cause of death globally, responsible for 17.9 million deaths per year in 2019, while cancers were responsible for 9.6 million deaths in 2017. Physical activity – particularly when it is moderate-intensity – is known to reduce the risk of cardiovascular disease and cancer, and the NHS recommends that adults do at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity a week.

Broadly speaking, they found that beyond 150 min per week of moderate-intensity activity, the additional benefits in terms of reduced risk of disease or early death were marginal. But even half this amount came with significant benefits: accumulating 75 min per week of moderate-intensity activity brought with it a 23% lower risk of early death. Dr Soren Brage from the MRC Epidemiology Unit at the University of Cambridge said: “If you are someone who finds the idea of 150 minutes of moderate-intensity physical activity a week a bit daunting, then our findings should be good news. Doing some physical activity is better than doing none. This is also a good starting position – if you find that 75 minutes a week is manageable, then you could try stepping it up gradually to the full recommended amount.”

Seventy-five minutes per week of moderate activity was also enough to reduce the risk of developing cardiovascular disease by 17% and cancer by 7%. For some specific cancers, the reduction in risk was greater – head and neck, myeloid leukaemia, myeloma, and gastric cardia cancers were between 14-26% lower risk. For other cancers, such as lung, liver, endometrial, colon, and breast cancer, a 3-11% lower risk was observed.

Professor James Woodcock from the MRC Epidemiology Unit said: “We know that physical activity, such as walking or cycling, is good for you, especially if you feel it raises your heart rate. But what we’ve found is there are substantial benefits to heart health and reducing your risk of cancer even if you can only manage 10 minutes every day.”

The researchers calculated that if everyone in the studies had done the equivalent of at least 150 min per week of moderate-intensity activity, around one in six (16%) early deaths would be prevented. One in nine (11%) cases of cardiovascular disease and one in 20 (5%) cases of cancer would be prevented.

However, even if everyone managed at least 75 min per week of moderate-intensity physical activity, around one in ten (10%) early deaths would be prevented. One in twenty (5%) cases of cardiovascular disease and nearly one in thirty (3%) cases of cancer would be prevented.

Dr Leandro Garcia from Queen’s University Belfast said: “Moderate activity doesn’t have to involve what we normally think of exercise, such as sports or running. Sometimes, replacing some habits is all that is needed. For example, try to walk or cycle to your work or study place instead of using a car, or engage in active play with your kids or grand kids. Doing activities that you enjoy and that are easy to include in your weekly routine is an excellent way to become more active.”

Find out more about the full article here:

<https://www.cam.ac.uk/research/news/daily-11-minute-brisk-walk-enough-to-reduce-risk-of-early-death>



## *What's New on Travel Well*

The Travel Well pilot project is designed to help individuals become more active, improve their mental and physical wellbeing, manage long-term health conditions, and reduce social isolation.

Through this initiative, healthcare professionals and community service providers can refer individuals to community-based walking and cycling activities tailored to support healthier lifestyles.

Want to learn more? Watch our short introduction video here: [www.transportnottingham.com/travelwell/nhs](http://www.transportnottingham.com/travelwell/nhs)

Additionally, it is available on YouTube here: [What is Travel Well](#)

## *Highlight for Events*

### *Nordic Walking Taster at Strelley Hall*

We had an amazing Nordic walking at Strelley Hall! Such a stunning spot for a stroll. And guess what? Our group even spotted a lion on the farm!



### *Dr Bike at Bulwell Market*

Active Travel attends Bulwell Market on the third Wednesday of each month to promote the Travel Well initiative. We also offer a free Dr Bike service — a bike MOT that includes check-ups and basic repairs to help ensure a smoother, safer ride.

Here's what visitors have said:

The free bike MOT was amazing and so helpful!

The free bike maintenance at the marketplace was so convenient. I don't drive, so it was hard to get my bike checked—this really helped.



# *Travel Well At Feel Good Festival*

We had a fantastic time at the Feel Good Festival at Cherry Lodge on 31st May! The Active Travel Team loved chatting with the community about all things walking, cycling, and feeling great!



## *Upcoming Events*

### **TRAVEL WELL FREE CYCLING SESSIONS**

**No Bike - No Problem  
We can lend you a bike!**

- Various Locations -
  - Bulwell Forest Recreation Ground
  - Harvey Hadden
- A variety of sessions available -
  - Learn to Ride, Regain Confidence & Road Confidence
- Booking is essential -  
<https://bookwhen.com/ridewise>



### **FREE WOMEN-ONLY CYCLING SESSIONS**

**No Bike - No Problem  
We can lend you a bike!**

#### **Harvey Hadden Sports Village**

Booking is essential -  
<https://bookwhen.com/ridewise>

**3rd July , 10th July, 17th July**

**9.30 – 10.30 – Cycle for fitness**

**10.30 – 11.30 – Learn to ride**

**11.30 – 12.30 – Chat for fun cycle**





# Upcoming Events

## CHERRY LODGE

King Edward Park, Carlton Road, NG3 2AS  
**Monday 9th Jun 2025, 11 AM - 1 PM**

## The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ  
**Monday 16th Jun 2025, 11:30 AM - 1:30 PM**

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Visit us at below event to discover ways to stay active!

## Diabetes Week event at Tesco Bulwell

35 Jennison St, Bulwell, Nottingham NG6 8EQ  
**Friday, 13<sup>th</sup> Jun 2025, 10:00 AM - 15:00 PM**

## Health and Wellbeing Event for the Afro-Caribbean Community

The Chase Neighbourhood Centre  
Robin Hood Chase, Nottingham NG3 4EZ  
**Wednesday, 18<sup>th</sup> Jun 2025, 15:00 PM - 18:00 PM**

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## *Bulwell Market Place Event*

Market Place, Bulwell NG6 8HD  
**Wednesday 18<sup>th</sup> June 2025, 10AM - 1 PM**

(Tips for Walking and Cycling, Free Dr Bike )

Refer your patients here:  
[Active Travel Referral Form](#)

