

# Active Travel

## August News

### *Walk and bike your way to a healthier heart*

Exercise is a great way of lowering your risk of cardiovascular disease. Especially moderate exercise such as walking or biking can be beneficial for the entire body, especially for the heart and blood vessels. Studies even suggest that inactive people are nearly twice as likely to develop heart disease as those who are physically active.

#### **Why is walking good for the heart?**

Physical activity can have a lot of benefits for the heart. The activity itself can strengthen your heart muscle, which improves its ability to pump blood throughout your body. This improves the circulation and oxygen levels in your blood. Better circulation allows the bloodstream to bring nutrients to the tissues that need it, and to carry waste products out of the body.

Besides that, physical activity can also help reduce important risk factors of heart disease. Physical activity can help:

- lower blood pressure
- reduce the risk of being overweight
- manage your blood sugar and insulin levels, which lowers your risk for type 2 diabetes
- reduce your level of C-reactive protein in your body, which is linked to inflammation
- reduce your stress levels

#### **When is it time to take action?**

Everyone should participate in mild exercise regularly to stay healthy. There are however some situations in which you should pay more attention to your fitness level. This is the case when:

- You're obese or overweight
- You are under a lot of stress
- You have a sedentary lifestyle. This means that you spend most of your time sitting or laying down.
- You feel out of breath easily whenever you do the slightest bit of exercise or when you walk up a flight of stairs.

#### **How many steps should I take each day?**

Most studies recommend an average of 10.000 steps per day, although a recent big study by Banach et.al. concluded that the risk of premature death already reduces after taking 2.337 steps per day.

#### **Tips that can help you reach your goals**

- Pick a form of exercise that you like

Picking a form of exercise that you like can help you accomplish your goals of living a healthy, active life long-term. Some examples are walking, running, dancing, swimming, biking and gardening.

- Walk or bike instead of taking the car

An easy way to get more exercise is by walking or biking to your destination instead of taking the car or public transport. Taking the stairs instead of an elevator also allows you to get in a bit of additional exercise.

- Start slowly

When you're first starting out on your journey to better heart health, it's important not to overdo it. Keep in mind that it takes time to build habits, and that starting off slowly will leave you with less chances of sustaining injuries.

- Some physical activity is better than none

It's always better to do some physical activity than to do nothing at all. However, the more exercise you do, the higher the health benefits are.

#### **Let's get started!**

It's a great idea to start enjoying the health benefits of regular exercise. However, if you are worried about your heart health, then it's always best to ask your doctor for guidance about which exercises are safe for you to do.

Find out more about the full article here:

<https://www.fibricheck.com/walk-and-bike-your-way-to-a-healthier-heart/>



Email: [nnicb-nn.atccnottinghamcity@nhs.net](mailto:nnicb-nn.atccnottinghamcity@nhs.net)

Tel: 07551834943

## Highlight for Event



### Travel Well at Bulwell Market Place

Dr Bike has become a big hit with local cyclists. There's always a queue for our free bike maintenance service! Bring your bike along for a free safety check (your bike's MOT).

Don't miss out—keep your bike safe and ready to roll!

Market Place, Bulwell, NG6 8HD.  
Wednesday, 20 August 2025, 10AM - 1PM.

### Inclusive Led Ride at Harvey Hadden

Inclusive bikes make cycling accessible to everyone. With a wide range of bikes designed for people with different learning and physical disabilities, as well as health conditions.

We had an amazing time riding inclusive bikes at Harvey Hadden! Come join us for the next ride and experience the fun for yourself!



Harvey Hadden Sports Village,  
Wigman Road, Nottingham NG8 4PB  
Monday, 11AM - 12PM.





## Upcoming Events

### Community Health Hub - Cherry Lodge

King Edward Park, Carlton Road, NG3 2AS

Monday, 4 August 2025, 11 AM - 1 PM

### Community Health Hub - The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ

Monday, 18 August 2025, 11:30 AM - 1:30 PM

## Aspire Healthy Heart Event

The Vine Community Centre

Bobbers Mill Road, Nottingham NG7 5GZ

Monday, 18 August 2025, 09:30 AM - 11:30 AM

Promoting Heart Health: Lifestyle Tips & Clinical Screenings



## Cycling Festival

Harvey Hadden Sports Village,  
Wigman Rd, Nottingham NG8 4PB

Friday, 29 August 2025, 1PM - 4PM.

A fun day for all ages and abilities!

- ✓ Group rides
- ✓ Dr Bike – free safety checks
- ✓ Family activities & more

Refer your patients here:

Active Travel Referral Form





