

Sustainable Campus



SEARCH

[About](#) | [Get Involved](#) | [Biodiversity](#) | [Carbon](#) | [Energy](#) | [Procurement](#) | [Travel](#) | [Waste & Recycling](#) | [Water](#)

- ▣ Events
- ▣ Incentives
- ▣ **Walk**
- ▣ Cycle
- ▣ Public Transport
- ▣ Car Share
- ▣ Electric Vehicles
- ▣ Travel Plan
- ▣ Go Smarter Business Network
- ▣ Links

Why Walk?

Walking is good for you and it's free. Walking into University is an easy way to build some exercise into your day.

Health benefits:

- Reduces the risk of chronic illness (e.g. heart disease, type 2 diabetes, asthma, stroke and some cancers)
- Walking at 3mph for 30 minutes, a 60kg person will burn 99 calories
- Walking the NHS advised 10,000 steps a day will significantly improve your health

Tips:

- Wear a good pair of shoes
- Encourage a neighbour to walk in with you
- Carry a personal alarm for safety
- Use well lit routes
- Avoid walking on the road

Other benefits:

- Being more active is proven to make people more productive
- More active people are less likely to need to take sick leave

Walkit

Available as an iPhone and Android app, WalkIt is an urban walking route planner telling you the;

- Best route to your destination
- Amount of steps taken
- Length of the journey
- Calories burnt
- CO₂ saved

Visit the [WalkIt website](#)

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