

What is Healthy Habits?

Healthy Habits is a campaign in Kirkintilloch and Lenzie to promote the benefits of sustainable travel, to enhance the health and wellbeing of the local community, and to encourage the use of local services and facilities.

Wise Booklets



The team has produced a range of "Wise" booklets including: Walkwise, which gives information tips on how to make walking part of your daily routine and enjoy the benefits of travel on foot; Cyclewise, which gives information and tips about how to make cycling part of your daily routine and

enjoy the benefits of travel by bike; Carwise, which gives information and tips about what you can do to reduce the effect that driving has on the local environment and help you reduce your motoring cost; Wellwise, which is a guide to healthy living.

Wise Routes

A booklet of 10 walks and cycle routes of various lengths and grades has been prepared to give people a taste of the variety of on and off road routes around the town and surrounding countryside. Each route includes points of interest along the way and some historical information.



Events

The Healthy Habits team attends local events in Kirkintilloch and Lenzie, including the Canal Festival, Gala Days, Community Council Meetings, Resident Associations and School Eco Evenings. Through these events, we raise awareness of the project, provide resources and information and invite residents to join our newsletter membership.



Information Centre

The Healthy Habits team provides a range of resources: information on walking and cycling and details of local community events and activities, through the Information Centre based in central Kirkintilloch.



For further information contact the Healthy Habits team at: 55 Cowgate, Kirkintilloch, G66 1HW

Call: 0141 777 3020

Email: healthyhabits@eastdunbarton.gov.uk

www.eastdunbarton.gov.uk/healthyhabits



What we are doing





Routewise Map

The Routewise map displays the main walking and cycling routes in the Healthy Habits area to show easy ways to travel to local destinations without having to take the car. It comes as a handy pocket size fold-up version, with advice and tips about active travel on the reverse side of the map.



Path Signage

59 blue signs have been installed on the network of walking/cycling routes, indicating the distance and time to various key locations in the Healthy Habits area. Destination boards displaying large versions of the Routewise map have also been installed with "you are here" arrows to help people orientate themselves on the network.



Health Walks

We are continuing with our local health walks and are actively looking for more walkers who would benefit from this activity. To add some flexibility, we will be introducing more walks of different lengths and times. Evening and weekend walks will be coming soon, so keep watching for

more information. We are always on the lookout for new walk leaders and, if this is something that interests you, please contact the team or the Volunteer Centre.

Cycle Club and Cycle Rides

The aim of the club is to allow riders of all ages and abilities the opportunity to try cycling in a family friendly atmosphere. The rides and



training are all led by trained leaders. Each session is free, although booking is recommended. We aim to go out on the first Saturday/Sunday of every month, with additional rides planned. Please find us on Facebook or enquire about our rides in the Healthy Habits Information Centre.



Cycle Storage

The Healthy Habits project has provided cycle racks in a number of locations in Kirkintilloch and has also installed cycle hoops in Cowgate and Townhead, where cyclists may leave their bikes securely while visiting the town centre.



Public Transport Information

The Healthy Habits Information Centre provides public bus and rail timetables as well as personalised journey information.

School Workshops

Active travel workshops are being held in all schools in the Healthy Habits area to promote the benefits of active, healthy travel to children. These form part of school eco-week and health day activities. Other school activities include a mapping project to assist children to identify safe walking and cycling routes for the transition from primary to secondary school.



Workplace Information Sessions

Lunchtime information sessions are being held at the main workplaces as part of the development of an overarching travel plan for central Kirkintilloch. These offer the range of Healthy Habits resources and provide information and advice on active travel and public transport in the area. Sessions are also being held at other venues including the community centre and local library and at local events.