



TOWN CENTRE KEY

- CYCLE PARKING
- BUS STOPS
- PATHS
- SUGGESTED LINKS
- UNDERPASS

DID YOU KNOW?



WALKING A MILE IN 20 MINUTES USES AS MUCH ENERGY AS WEIGHT TRAINING FOR 17 MINUTES!



CYCLING FOR 16 MINUTES USES AS MUCH ENERGY AS SWIMMING BREAST STROKE FOR 10 MINUTES!

YOU DON'T NEED TO RUN A MARATHON TO GET FIT! JUST TRY A WEE BIT AT A TIME.

In Kirkintilloch and Lenzie you're never more than a 10 minute cycle or a 25 minute walk from the town centre. Use the time line to see how quickly you can get around.

GET ACTIVE TO...

LOOK BETTER

In 30 minutes you can burn 200 calories walking and 300 calories cycling, helping you stay in shape.

FEEL BETTER

If you walk or cycle regularly you are likely to have more energy and stave off illness.^{1,2}

LIVE LONGER

Cycling for everyday trips means you could have the fitness of someone 10 years younger.^{3,4}



ROUTEWISE
LENZIE KIRKINTILLOCH

DO YOU EVER THINK...?

I'M STUCK IN TRAFFIC

Traffic jams are a world away if you use the local path network. And you can always park right at your destination!

I NEED TO GET FIT

Walking and cycling to work or for shopping is a great way to build exercise into your daily routine.

I'M STRESSED

Fresh air and exercise improves your mood and releases the day's stress.⁵

I'D LOVE MORE TIME WITH THE KIDS

We lead busy lives. Walking or cycling to school with your children is a great way to have some time together and teach them how to lead independent, healthy lives.



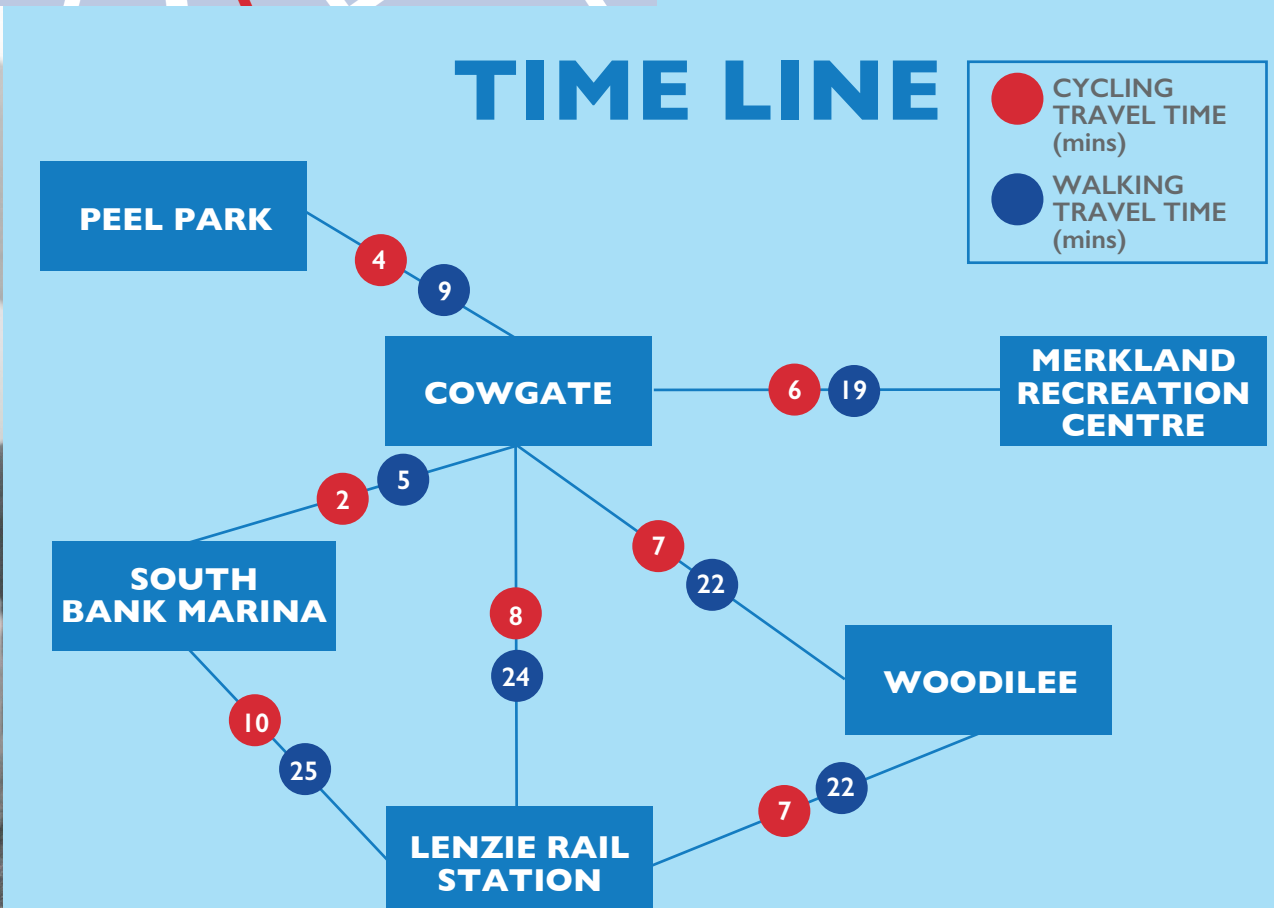
FIND OUT MORE...

- Local information
www.eastdunbarton.gov.uk/healthyhabits
- National Cycle Network
www.sustrans.org.uk/ncn/map
- Journey planner
www.cyclestreets.net
- Local bike shop
Bikewise, 25 Townhead
Tel: 0141 775 3722
www.cyclewise.com
- The Council
Tel: 0300 123 4510
Email: customerservices@eastdunbarton.gov.uk

References:
1. Cavill & Davis (2007)
2. C3 Collaborating for Health (2012)
3. Tuxworth et al (1986)
4. Anderson et al (2000)
5. Atkinson & Weigand (2008)

sustainable thriving achieving
East Dunbartonshire Council
www.eastdunbarton.gov.uk

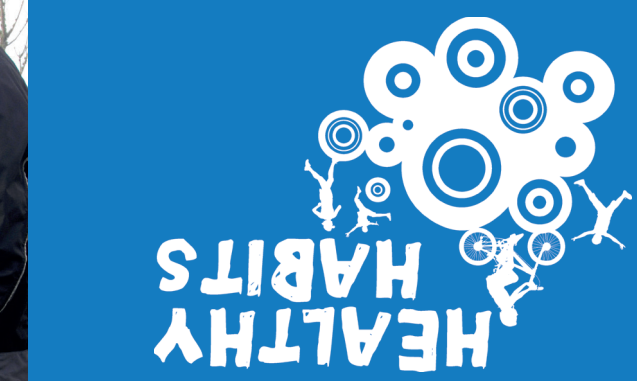
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SHOP LOCAL



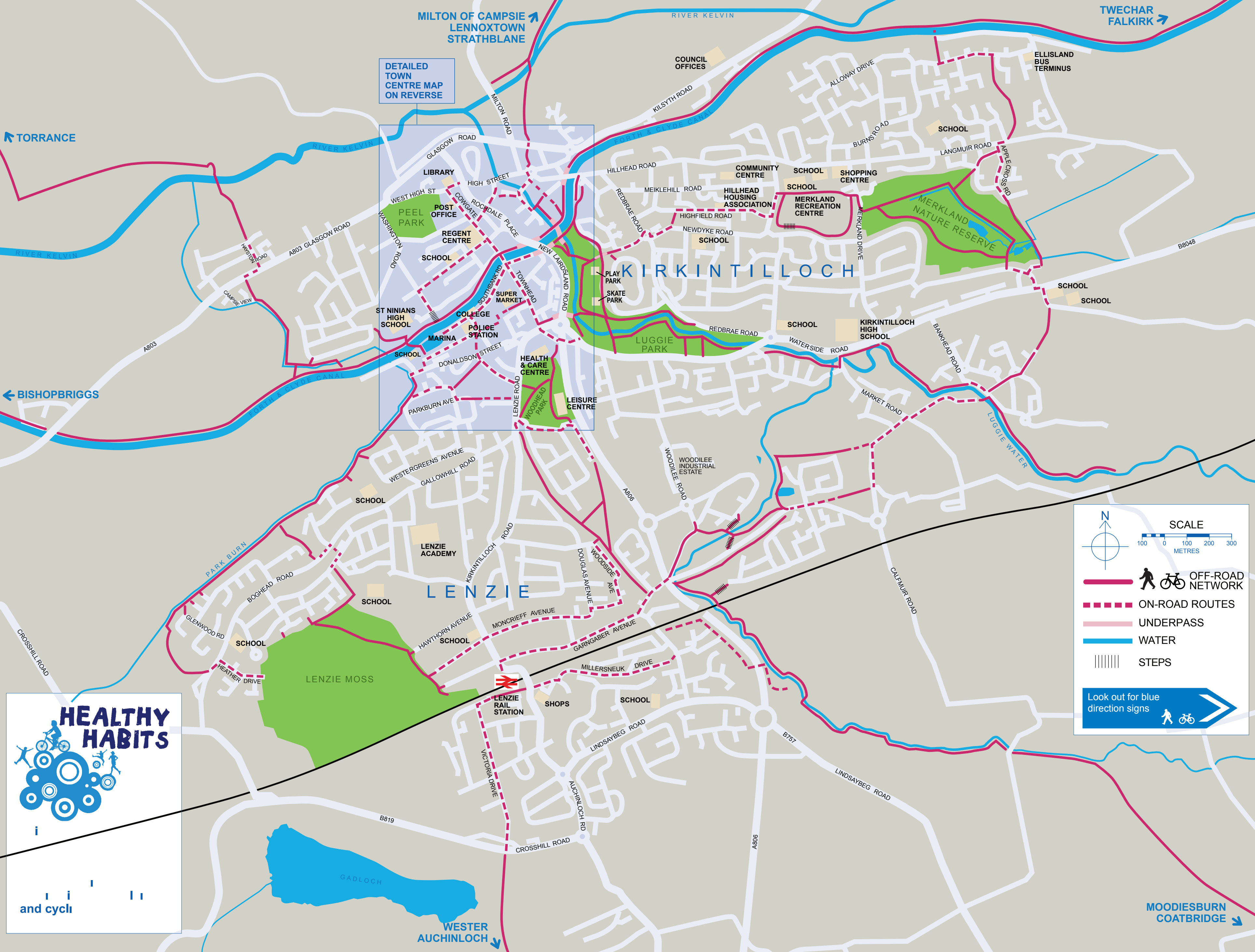
Using local shops and services is a great way to support the community. And if you walk or cycle, not only could you save some money but you might just find someone to have a blether with on the way!



With a whole network of local routes to discover, you may be surprised how quick and easy it is to travel around on foot or by bike.
Stick this map in your pocket and use it to walk and cycle to places you want to go.

YOUR GUIDE TO LOCAL DESTINATIONS





DETAILED TOWN CENTRE MAP ON REVERSE

N

SCALE
100 0 100 200 300 METRES

- OFF-ROAD NETWORK
- ON-ROAD ROUTES
- UNDERPASS
- WATER
- STEPS

Look out for blue direction signs

HEALTHY HABITS

and cycli

KIRKINTILLOCH

LENZIE

MOODIESBURN COATBRIDGE