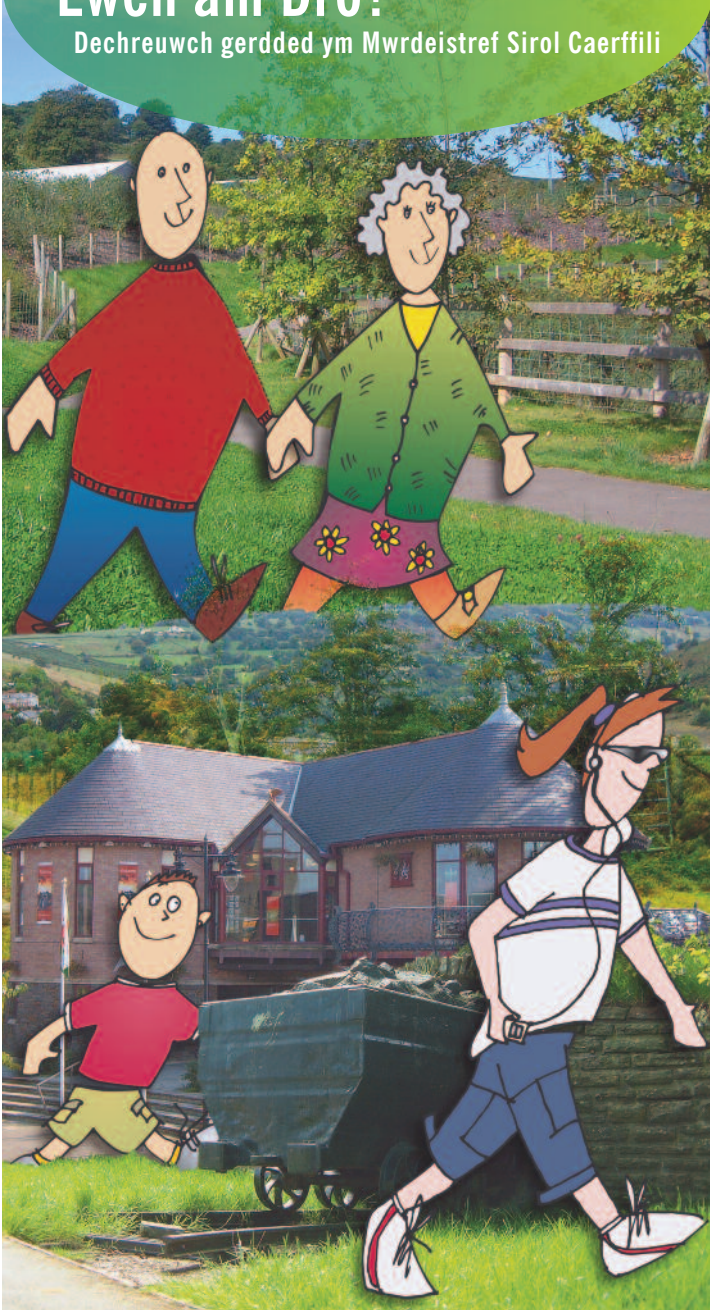


Get Going!

Start walking in Caerphilly County Borough

Ewch am Dro!

Dechreuwch gerdded ym Mwrdeistref Sirol Caerffili



Want to lose

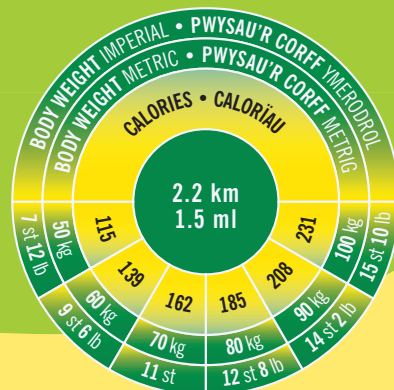
some weight?

Walk it off.

Use our calorie wheel to work out how many calories you could burn on a walk.

Lets say you weigh about 11 stone (70kg) and you complete a 1½ mile (2.2km) walk. You will burn about 162 calories (about the same as a packet of crisps) regardless of the speed you walk. This doesn't sound like much, but if you walk five times a week you'll burn off 800 calories (5 packets of crisps) and over a year, 41,600 calories (260 packets of crisps!)

It takes 3500 calories to burn 1 pound (450g) of body fat. If you take care with your diet and do five walks a week, every week you could burn nearly 12lbs (5kg) of body fat in a year.



Am gollu

pwysau?

Collwch ef drwy gerdded.

Defnyddiwch ein holwyn calorïau i weithio allan faint o galorïau allech chi eu llosgi drwy gerdded.

Dywedwch eich bod yn pwyso tua 11 stôn (70 cilogram) ac yn cwblhau taith cerdded 1½ milltir (2.2 cilomedr). Byddwch yn llosgi tua 162 calori (tua'r un faint sydd mewn pecyn creision), dim ots pa mor gyflym rydych yn cerdded. Nid yw'n swnio fel llawer, ond os gerddwch 5 gwaith mewn wythnos byddwch yn llosgi 800 calori (5 pecyn o greision) a 41,600 calori mewn blwyddyn (260 pecyn o greision!)

Mae'n cymryd 3500 calori i losgi 1 pwys (450g) o fraster corff. Os cymerwch ofal gyda'ch diet a cherdded pum gwaith yr wythnos, bob wythnos, gallech losgi bron i 12pwys (5kg) o fraster corff mewn blwyddyn.

We've all been told.

We've all got to do more exercise. Yes, we're all busy these days, running after the kids. We've work commitments as well, how on earth do they expect us to fit it all in?

Experts reckon that walking for half an hour a day is good for you (of course, more is better). But you can do half an hour's walking in one go or break it up to fit walking into your daily routine. For example, a brisk* walk to and from school whilst taking or picking up the kids, having a walk during your lunch break, getting off the bus a stop early are some of the ways you can fit a walk into your day. You can walk anywhere and at any time, it won't cost you anything – only a few calories.

*A brisk walk means walking at a pace that makes you warm and you breathe slightly more heavily than normal. Don't overdo it though, you should still be able to talk or whistle!

Please note...

If you want to start walking but are worried about your health, talk to your doctor first.

Rydym wedi clywed. Rhaid i ni gyd wneud mwy o ymarfer corff. Rydym i gyd yn brysur y dyddiau 'ma, yn rhedeg ar ôl y plant. Mae gennym rwymidiadau gwaith hefyd, felly sut maent yn disgwyl i ni wneud popeth?

Mae arbenigwyr yn credu bod cerdded am hanner awr y dydd yn dda i chi (wrth gwrs mae mwy yn well). Gallwch gynnwys hanner awr lawn o gerdded neu rannu'r hanner awr mewn i gyfnodau byrrach. Gallwch gerdded yn fywiog* i'r ysgol ac oddi yno, cerdded yn ystod eich amser cinio, dod oddi ar y bws arhosfan yn gynt nag arfer. Dyma rai o ffyrdd sut allwch gynnwys cerdded mewn diwrnod. Gallwch gerdded unrhyw le, unrhyw bryd, ac ni fydd yn costio dim i chi – dim ond ychydig o galorïau.

*Mae taith cerdded fywiog yn golygu cerdded ar gyflymder sy'n gwneud i chi deimlo'n boeth ac anadlu'n fwy trwm na'n arferol. Peidiwch â'i orwneud – dylech fedru siarad neu chwibanu!

Nodwch...

Os ydych am gerdded ond yn poeni am eich iechyd, siaradwch â'ch meddyg yn gyntaf.

Get Going! Walking is the easiest, safest, cheapest and greenest way to improve your health. This pack contains lots of information about how walking can help you! It gives you some easy to follow route cards and tells you how you can lose weight as well.

A walk a day keeps the doctor away!

Want to find out more? For further information about walking and the **Get Going!** / **Stroll-on..!** projects, please contact the Countryside Exercise Specialist at:

Countryside and Landscape Service
Caerphilly County Borough Council
Pontllanfraith House
BLACKWOOD
NP12 2YW

Tel: 07788 547350

Email: countryside@caerphilly.gov.uk
www.caerphilly.gov.uk/countryside

Ewch am Dro! Cerdded yw'r ffordd hawsaf, cyflymaf, rhataf a gwyrdaf i wella eich iechyd. Mae'r pecyn yn cynnwys llawer o wybodaeth am sut all cerdded eich helpu chi. Mae'n rhoi cardiau hawdd i'w dilyn ac yn dweud wrthoch chi sut allwch golli pwysau hefyd.

Bydd cerdded yn cadw'r meddyg draw!

Am ddarganfod mwy? Am ragor o wybodaeth am gerdded a'r prosiectau **Ewch am dro!** / **Cerddwn ymlaen..!**, cysylltwch â'r Arbenigwr Ymarfer Corff Cefn Gwlad yn:

Gwasanaeth Cefn Gwlad a Thirwedd
Cyngor Bwrdeistref Sirol Caerffili
Tŷ Pontllan-fraith
COED DUON
NP12 2YW

Ffôn: 07788 547350

E-bost: countryside@caerffili.gov.uk
www.caerffili.gov.uk/countryside

The science bit

Walking is good for your health and de-stresses you.

Walking lowers the risk of coronary heart disease or having a stroke.

It reduces high blood pressure, prevents diabetes, strengthens bones and reduces the risk of osteoporosis.

Walking can help prevent and manage conditions such as heart disease, diabetes, osteoporosis, arthritis and depression.

Walking makes you feel better.

Warning! Before you start walking, have you got the following?

Feet, comfortable shoes...
...that's all!

Y darn gwyddonol

Mae cerdded yn dda ar gyfer eich iechyd ac mae'n eich distraenio.

Mae cerdded yn lleihau'r risg o gael clefyd coronaidd y galon neu o gael strôc.

Mae'n lleihau pwysedd gwaed uchel, rhwystro clefyd y siwgr, cryfhau esgyrn a lleihau'r risg o gael osteoporosis.

Gall cerdded rwystro a rheoli cyflyrau tebyg i glefyd y galon, clefyd y siwgr, osteoporosis, crydcymalau ac iselder.

Mae cerdded yn eich gwneud i chi deimlo'n well.

Rhybudd! Cyn i chi ddechrau cerdded, oes gennych chi'r canlynol?

Traed, esgidiau canlynol...
...a dyna gyd!



Get Going! is supported by

Big Lottery Fund
British Heart Foundation
Countryside Council for Wales
Gwent Healthcare NHS Trust
National Public Health Service for Wales
Walking the Way to Health
Welsh Assembly Government

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Cefnogir **Ewch am Dro!** gan

Cerdded Llwybr Iechyd
Cronfa Loteri Fawr
Cyngor Cefn Gwlad Cymru
Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cymru
Llywodraeth Cynulliad Cymru
Sefydliad Prydeinig y Galon
Ymddiriedolaeth GIG Gofal Iechyd Gwent



Cefnogwyd gan
Supported by

