

Stroll-on..!

Caerphilly County Borough is a fantastic place to walk. Over three-quarters of the county borough is countryside and most of the footpaths and bridleways are open. You can walk through dappled woodlands, by babbling brooks, over hilltop commons and across lush farmland. Not only can you experience the heritage of the south-Wales valleys, get some fresh air and discover stunning views but now, with the help of this pack, you can improve your health as well. **Its all free – what more could you want? Go on, Stroll-on... around Caerphilly!**

Cerddwn ymlaen..!

Mae Bwrdeistref Sirol Caerffili yn lle ardderchog ar gyfer cerdded. Cefn gwlad yw dros dri chwarter y fwrdeistref sirol ac mae'r rhan fwyaf o'r llwybrau troed a'r llwybrau ceffyl ar agor. Gallwch gerdded trwy goetiroedd dan olau brithliw, ar bwys nentydd croyw, dros dir comin ar bennau'r bryniau ac ar draws tir amaethyddol toreithiog. Nid yn unig gallwch fwynhau treftadaeth cymoedd de Cymru, cael ychydig o awyr iach a gweld golygfeydd trawiadol ond bellach, gyda chymorth y pecyn hwn, gallwch wella'ch iechyd hefyd.

Mae'r cwbl am ddim – beth arall allech ei dymuno? Ewch, Cerddwch ymlaen... o gwmpas Caerffili!



WALK? WHY BOTHER?

Walking makes you feel good that's why! It's also good for your health and de-stresses you. It's the easiest way to get some exercise. Regular walking increases your fitness, and, if you watch what you eat, you can walk off some weight as well. You can walk anywhere and at any time – you don't need special equipment. If you haven't walked for a while you can start slowly and build up gently. Reap the benefits associated with exercise.

Here are some good things regular walking can bring – lower the risk of coronary heart disease or having a stroke – reduce high blood pressure – prevent diabetes – strengthen bones, reducing the risk of osteoporosis

WALK? WHY BOTHER?

Apart from cancer, heart disease is the biggest killer in the country. Around 340 people die from cardio-vascular disease every day – about the equivalent of a jumbo jet full of passengers (Source: British Heart Foundation, 2000).

Walking can help prevent and manage heart disease and can halve the risk of coronary heart disease. Speed doesn't matter, but the faster you walk, the healthier and fitter you will become.

PLEASE NOTE

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

CERDDED? PAM TRAFFERTHU?

Mae cerdded yn gwneud i chi deimlo'n dda, dyna pam! Mae hefyd yn dda i'ch iechyd ac yn cael gwared â straen. Dyma'r ffordd hawsaf i gael ychydig o ymarfer corff. Mae cerdded yn rheolaidd yn eich gwneud yn fwy ffit ac os ydych yn gwylio beth rydych yn ei fwyta, gallwch gael gollu ychydig o bwysau hefyd. Gallwch gerdded yn unrhyw le ac unrhyw bryd; nid oes angen offer arbennig. Os nad ydych wedi cerdded ers amser gallwch ddechrau'n araf deg a gwneud mwy yn raddol. Cewch y buddion sy'n gysylltiedig ag ymarfer corff.

Dyma rai o'r pethau da a all ddod o gerdded yn rheolaidd – mae'n lleihau'r perygl o gael clefyd coronaidd y galon neu strôc – mae'n lleihau pwysedd gwaed uchel – mae'n atal diabetes – mae'n cryfhau'r esgyrn, gan leihau'r perygl o gael osteoporosis

CERDDED? PAM TRAFFERTHU?

Ar wahân i ganser, clefyd y galon sy'n lladd y mwyaf o bobl yn y wlad. Mae tua 340 o bobl yn marw o glefyd cardiofasgwlaidd bob dydd – sef tua'r un nifer â llond jymbo-jet o deithwyr. (Ffynhonnell: Sefydliad Prydeinig y Galon, 2000).

Gall cerdded helpu i atal a rheoli clefyd y galon a gall haneru'r perygl o gael clefyd coronaidd y galon. Nid oes ots am y cyflymder, ond po gyflymder y cerddwch, iachaf a mwyaf ffit y byddwch.

NODWCH

Os ydych eisiau dechrau cerdded ond yn poeni am eich iechyd, siaradwch â'ch meddyg cyn dechrau.

I'LL HAVE TO DO A LOT OF WALKING TO REAP ANY BENEFITS, WON'T I?

The experts reckon that walking for half an hour a day is good to aim for (of course, more is better). You can do these 30 minutes of exercise in one go or break it into manageable chunks to fit into your daily routine. For example, a brisk* walk to and from school whilst taking or picking up the kids, is a good way of fitting healthy walking into you day for you and your family.

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

ONI FYDD YN RHAID I MI GERDDED LLAWER I GAEL UNRHYW FUDDION?

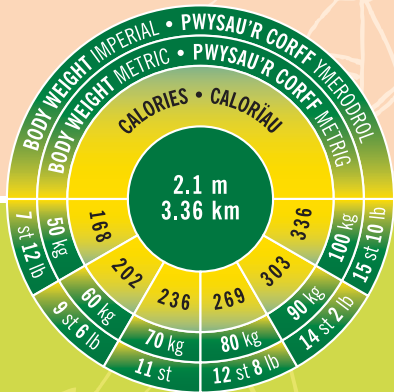
Mae'r arbenigwyr yn credu mai nod da yw cerdded am hanner awr y dydd (mae mwy yn well, wrth gwrs). Gallwch wneud y 30 munud hyn o ymarfer corff ar un tro neu eu rhannu'n gyfnodau llai i gyd-fynd â'ch trefn feunyddiol arferol. Er enghraifft, mae cerdded yn sionc* i'r ysgol ac oddi yno wrth hebrwng y plant yno ac yn ôl yn ffordd dda o gynnwys cerdded iachus yn eich diwrnod i chi a'ch teulu.

* Mae cerdded yn sionc yn golygu cerdded ar gyflymder sy'n eich gwneud yn gynnes ac yn gwneud i chi anadlu ychydig yn drymach nag arfer. Ond peidiwch â'i gornwneud hi; dylech allu siarad neu chwibanu o hyd.

Want to lose some weight?

Each walk has its own calorie counter like the one shown below

The walk distance in this example is about 2 miles (3¼ km)



Eisiau colli pwysau?

Mae gan bob taith gerdded ei rhifydd calorïau ei hun. Mae'n debyg i'r un uchod

Pellter y daith gerdded yn yr enghraifft hon yw tua 2 filltir (3¼ km)

HOW TO USE THE CALORIE COUNTER

If, for example, you weigh 11 stones (70 kg) and you complete a 2.1 mile (3.36 km) walk, you will burn about 236 calories (that's the same as one chocolate bar) regardless of the speed you walk. This doesn't sound much but if you walk five times a week you'll burn off 1,180 calories (5 chocolate bars) and over a year, 61,360 calories (260 chocolate bars!)

It takes 3,500 calories to burn 1 pound (450g) of fat. If you take care with your diet, do five walks a week, every week, you could burn nearly 18lbs (8kg) of body fat in a year.

SUT I DDEFNYDDIO'R RHIFYDD CALORÏAU

Os, er enghraifft, rydych yn pwyso 11 stôn (70kg) ac rydych yn cwblhau taith gerdded 2.1 milltir (3.36 km), byddwch yn llosgi tua 236 o galorïau (dyna faint sydd mewn un bar o siocled) ni waeth pa mor gyflym y cerddwch. 'D yw hyn ddim yn swnio'n llawer ond os cerddwch bum gwaith yr wythnos byddwch yn llosgi 1,180 o galorïau (5 bar o siocled) a dros flwyddyn, 61,360 o galorïau (260 o fariau o siocled!)

Mae'n cymryd 3,500 o galorïau i losgi 1 pwys (450g) o fraster. Os cymerwch ofal gyda'ch diet a gwneud pum taith gerdded yr wythnos bob wythnos, gallech losgi bron 18 pwys (8kg) o fraster corff mewn blwyddyn.

WALKING ISN'T A NEW WAY TO GET HEALTHY!

Back in 1870, people were being encouraged to walk

“When the weather will permit, all who can possibly do so, ought to walk in the open air every day, summer and winter. A walk even in winter, would be more beneficial to health than all the medicine doctors may prescribe”

(EG White, Counsels on Health)

For over 100 years the benefits of walking have been recognised. **Isn't it about time you walked yourself to health?**

NID YW CERDDED YN FFORDD NEWYDD O FOD YN IACHUS!

Yn ôl yn 1870, roedd pobl yn cael eu hannog i gerdded

“When the weather will permit, all who can possibly do so, ought to walk in the open air every day, summer and winter. A walk even in winter, would be more beneficial to health than all the medicine doctors may prescribe”

(EG White, Counsels on Health)

Mae buddion cerdded wedi cael eu cydnabod ers dros ganrif. **Onid yw'n bryd i chi gerdded y ffordd i iechyd?**

CONTACT US

For further information about walking and the **Stroll-on..!** project please contact the Countryside Exercise Specialist at:

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