

Top tips and healthy hints

Put a spring in your step

By adopting a good posture, you'll make walking more comfortable and reduce the risk of aches and pains.

Start by assuming a straight posture, with spine and neck straight, shoulders relaxed, arms hanging loose, belly pulled in and pelvis tucked under slightly. Stand tall without standing stiffly to attention.

Walk smoothly, putting energy into each step. Allow your arms to swing naturally by your side to aid balance and conserve energy. And walk from your heel to your toe, 'pushing off' with your toes. Breathe deeply, expanding your stomach, and try to breathe in rhythm with your steps.



And remember to be gentle on your muscles – especially your hamstrings and calves – by doing some simple stretching exercises to warm up and cool down before and after your walk.

"Walking is man's best medicine"
Hippocrates, ancient Greek physician

Step-by-Step

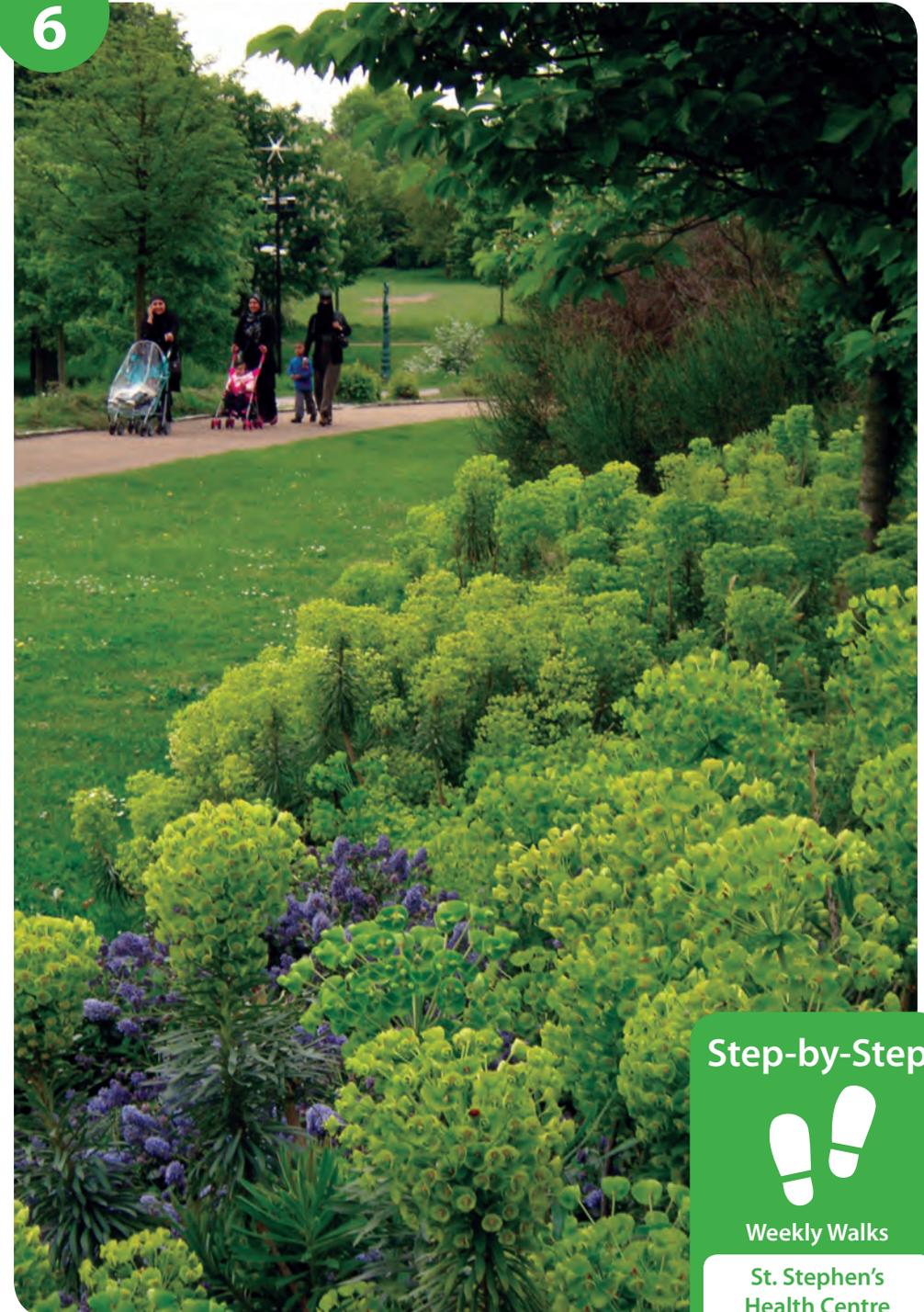


Weekly Walks

St. Stephen's
Health Centre

The Step-by-Step programme is a 10-week walking action plan designed in conjunction with St Stephen's Health Centre in William Place, just off Roman Road. As you walk, you'll be taking steps towards actively managing your health and wellbeing. And you'll discover more about your local area too.

For more information, contact Zahra Aden at St Stephen's on zahra.aden@nhs.net or 020 8980 1760.



Step-by-Step



Weekly Walks

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Exploring Mile End Park

Mile End Park runs like a green spine through the borough, with the Regent's Canal along one side. As you explore, you'll discover there's something for everyone: an art gallery, sculptures dotted around, an open air gym, woodland walks, an adventure playground, an ecology park with ponds, a climbing wall, a youth drop-in centre, flower gardens, fountains, a skateboard park and young children's play centre.



- 1 Leaving St Stephen's Health Centre, turn left. At the forked silver birch tree, turn left again and follow the white slabbed pavement between Sleat House and Tay House. Cross Saxon Road and continue to the path's end, before emerging onto St Stephen's Road.
- 2 Cross St Stephen's Road and follow Antill Road to the first junction. Turn left along Coborn Road, head underneath the railway bridge and by the Morgan Arms turn right to walk the full length of Lichfield Road.
- 3 Cross Grove Road at the pedestrian crossing and continue ahead to enter Mile End Park, facing the Art Pavilion. Go left and curve round until you emerge from behind the grassy mound, where the view opens up.
- 4 Continue on the brown gritty footpath as it snakes round and slopes upwards, broadly to the left, taking you up and across the 'green bridge' – a planted bridge spanning the Mile End Road, with views to the east and west.
(continued on page 7)

- 5 Slope down on the other side of the bridge. Another footpath merges in from the left – lined with turbine-topped lights. Just before reaching the bridge over the canal, curve off to the left. The path passes between trees.
- 6 Just after the green signpost, fork off to the right. The footpath slopes up slightly, and curves to the right, giving you views across the adventure playground – with a huge spider's web climbing frame – and youth outreach centre.
- 7 Follow the main path towards the park gates. You'll pass information boards on the park's wild flowers, bugs and mini beasties.
- 8 Leave the park through the main brick gateway beside Mile End Stadium. Turn right and cross Copperfield Road to reach the Ragged School Museum. Just into Rhodeswell Road, walk down steps behind the museum to join the Regent's Canal.
- 9 Follow the canal towpath behind the museum, past converted warehouses, a lock and under a brick footbridge. Before you head under the Mile End Road bridge, explore terraced flower gardens to your right.
- 10 Continue along the towpath, passing the New Globe Inn and a lock. The buildings of Queen Mary University sit across the canal. Walk under the railway bridge, past Mile End Climbing Wall, Meath Bridge and the Palm Tree.
- 11 Leave the towpath at the orange fishtail and fishing float sculptures. Curve rightwards with the path as it slopes over the grassed Ecology Pavilion. On the far side, turn left to leave the park along Haverfield Road.
- 12 Cross Grove Road and follow Arbery Road to the far end. Turn right and first left into Stanfield Road, and onwards into Viking Close and Saxon Road. At St Stephen's Road, cross and turn left to return to St Stephen's Health Centre.

Look out for these...



Peer across the canal to the bold new architecture at Queen Mary University.



Stroll beside swans, coots, moorhens, ducks and geese on the Regent's Canal.

Along the way...



Stroll by this former pub on Antill Road, still with its sign for 'prize beers'.



Spot the King George V Field plaques as you enter the park.



Reach new heights at the Mile End Climbing Wall.



Wander beside the Palm Tree pub, standing alone in the park.



Enjoy a picnic beside the quirky sculptures, eco-ponds or flower gardens.



Avoid the busy Mile End Road traffic by using the 'green' bridge to cross.



Encounter a huge fishing float and fishtail beside the towpath.



Get an aerial view of the ponds from the top of the ecology pavilion.



Watch out for 'human spiders' clambering around the adventure playground!



Read the info-boards about wild flowers, bugs, birds and butterflies living in the park.

