

# Stepping Out

The average person walks between 3,000 & 4,000 steps per day. Adding steps has many health benefits and - if you can - it would be good to aim for 10,000 steps a day.

Walking is a great form of exercise. People who do regular activity, such as walking, have a lower risk of major illnesses such as heart disease, type 2 diabetes, stroke and some cancers. Walk more and you'll have more energy, and research shows you could boost your self-esteem, improve your mood and sleep better!

If you are just beginning to raise your fitness levels, a reasonable goal is to increase your daily steps each week by 500 per day until you can easily average 10,000 a day. For example, if you currently average 3,000 steps each day, your goal for Week One would be 3,500 each day. Your goal on Week Two would be 4,000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Remember - walking is just one form of exercise. People stay fit and healthy in lots of ways, from swimming to gardening. You will know if your activity level is low - and this local map could help you take the first steps to a healthier you!



Boundary circuit around Burwash Common Pavilion playing field  
**1,000 steps**

The Wheel



The Wheel Walk  
**14,200 steps**

National Trust Bateman's car park entrance to the Tea Room and back  
**1,000 steps**

Fairfield Surgery-Strand Meadow Circuit  
**3,720 steps**

Bateman's Circuit  
**5,200 steps**

War Memorial






School Hill

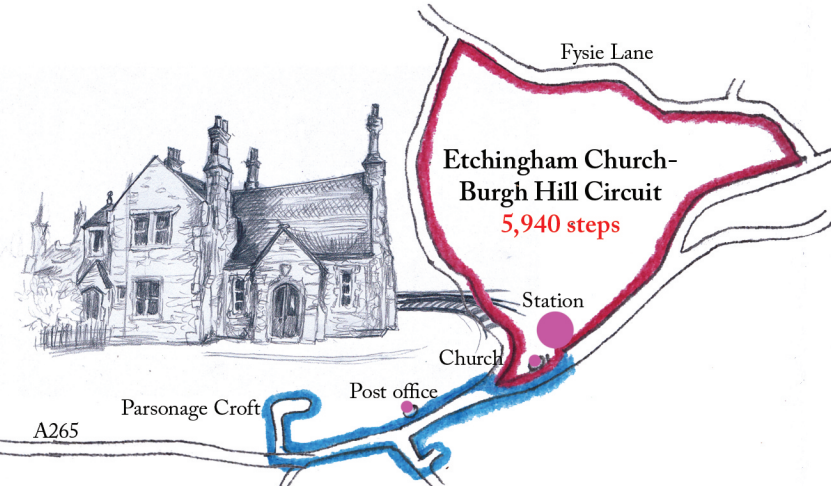


## The 10,000 step challenge

### Easy village walks

*Burwash - Burwash Common - Burwash Weald - Etchingham*

-  *The Wheel Walk 14,200 steps*
-  *Bateman's Circuit 5,200 steps*
-  *Fairfield Surgery-Strand Meadow Circuit 3,720 steps*
-  *Etchingham Church-Parsonage Croft and back 3,570 steps*
-  *Etchingham Church-Burgh Hill Circuit 5,940 steps*



Etchingham Church-Burgh Hill Circuit  
**5,940 steps**

Etchingham Church-Parsonage Croft and back  
**3,570 steps**

Willingford Lane

Available online via Local Maps section of [burwash.org](http://burwash.org)  
See accompanying sheet for details of the walks

This map, produced by the Patient Participation Group of Fairfield Surgery, Burwash, is designed to give you an idea of easy local routes to add steps to your daily total. Other than the Burwash Common Playing Field circuit, the walks are all on pavements or roads.

The totals given are guideline counts based on test walks undertaken by men and women with different stride lengths. These counts were then averaged out. You may find you do slightly more or less.

Illustrated by Louise Brangwin 2017