

# HOW TO LIVE LONGER BETTER

**Sir Muir Gray is leading a revolution to Live Longer Better.**

As we age our body undergoes several changes, making it challenging for some to perform day to day activities with ease. By staying active, and improving mobility and fitness levels, we can depend less on others and lead a healthy and independent life.

Exercising can take place anywhere, including using our natural environment, it doesn't need to take hours nor do we need to buy any equipment. Below is a standing exercise that can help to improve circulation and overall mental and physical well being.



## SEATED TOE LIFTS

Sitting straight on bench. Lift your toes on your right foot, keeping the left foot on the ground. Hold for 3 to 5 seconds. Lower your toes. Repeat 15 times on each foot.



## MARCHING IN PLACE

Stand straight, holding onto a bench. Lift your right knee as high as possible. Now lower it, and raise the left leg. Return to the original starting position and repeat 10 times.

**LIVE LONGER BETTER.**  
*in Cumbria*



## LIGHTBURN PARK, ULVERSTON

A walk to help people of Cumbria  
to Live Longer Better.

SCAN ME



MORE ACTIVITIES  
CAN BE FOUND ON:

[www.activecumbria.org](http://www.activecumbria.org)

## IMPORTANT INFORMATION

Lightburn Park is situated in Ulverston just off Well Lane. The postcode is LA12 9BP. You can enter the park through the gates on Park Road, Well Lane or Lightburn Avenue. On street parking can be found on the streets surrounding the park.

Why not reduce your Carbon Footprint? Did you know Lightburn Park is just a 3 minute walk from the Library bus stop (X6 bus) and a 15 minute walk from Ulverston train station. With regular trains, and buses, throughout the day.

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[www.hikinghousehold.co.uk](http://www.hikinghousehold.co.uk)



*Be part of it!*

THIS MAP WAS MADE POSSIBLE BY ACTIVE CUMBRIA'S LIVE LONGER BETTER IN CUMBRIA PROGRAMME FOR OLDER ADULTS AND THE RECONDITIONING FUND.

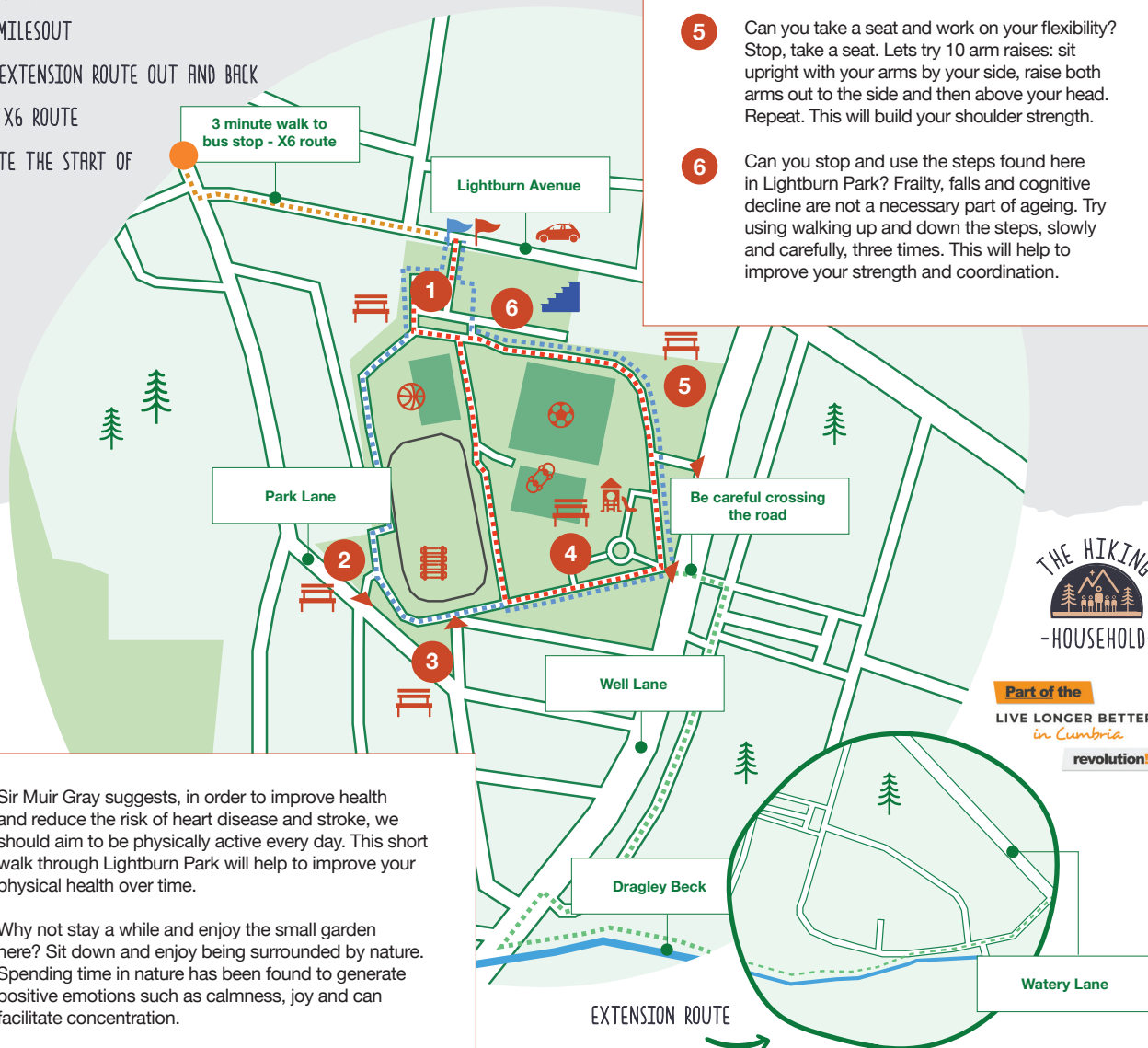
🚩 0.3 MILES

🚩 0.4 MILES OUT

● 0.8 EXTENSION ROUTE OUT AND BACK

● BUS X6 ROUTE

FLAGS INDICATE THE START OF EACH ROUTE



- 1 Sir Muir Gray suggests, in order to improve health and reduce the risk of heart disease and stroke, we should aim to be physically active every day. This short walk through Lightburn Park will help to improve your physical health over time.
- 2 Why not stay a while and enjoy the small garden here? Sit down and enjoy being surrounded by nature. Spending time in nature has been found to generate positive emotions such as calmness, joy and can facilitate concentration.
- 3 Why not stop here and try some strength activities? Try sitting on the bench and standing up and back down again five times. We know improved coordination will reduce the likelihood of falls later on in life. See overleaf for more exercises to enjoy when you are out and about.

- 4 Take a seat, have a rest. Enjoy being surrounded by your community and others enjoying the play area. We know loneliness can be a common theme of ageing and we hope by being out and about we can reduce this for you.
- 5 Can you take a seat and work on your flexibility? Stop, take a seat. Lets try 10 arm raises: sit upright with your arms by your side, raise both arms out to the side and then above your head. Repeat. This will build your shoulder strength.
- 6 Can you stop and use the steps found here in Lightburn Park? Frailty, falls and cognitive decline are not a necessary part of ageing. Try using walking up and down the steps, slowly and carefully, three times. This will help to improve your strength and coordination.

EXTENSION ROUTE

**Safety Brief:** This map follows accessible footpaths and pavement walking. Please do take care when walking, paths can get slippery when wet. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog. Follow the countryside code and always leave no trace of your visit.



Part of the  
LIVE LONGER BETTER.  
in Cumbria  
revolution!