

















# Barnsley town centre - Workplace walking guide

## Other services



-  Barnsley College
-  Barnsley Interchange
-  Metrodome
-  CIVIC
-  James Hudson Taylor's birth place
-  The Alhambra Centre
-  The Core
-  Digital Media Centre
-  University Campus

## BMBC Sites

-  1 Barnsley Central library
-  2 Barnsley Market
-  3 Cooper Gallery
-  4 Gateway Plaza
-  5 Experience Barnsley
-  6 Town Hall
-  7 Westgate Plaza

## PCT services

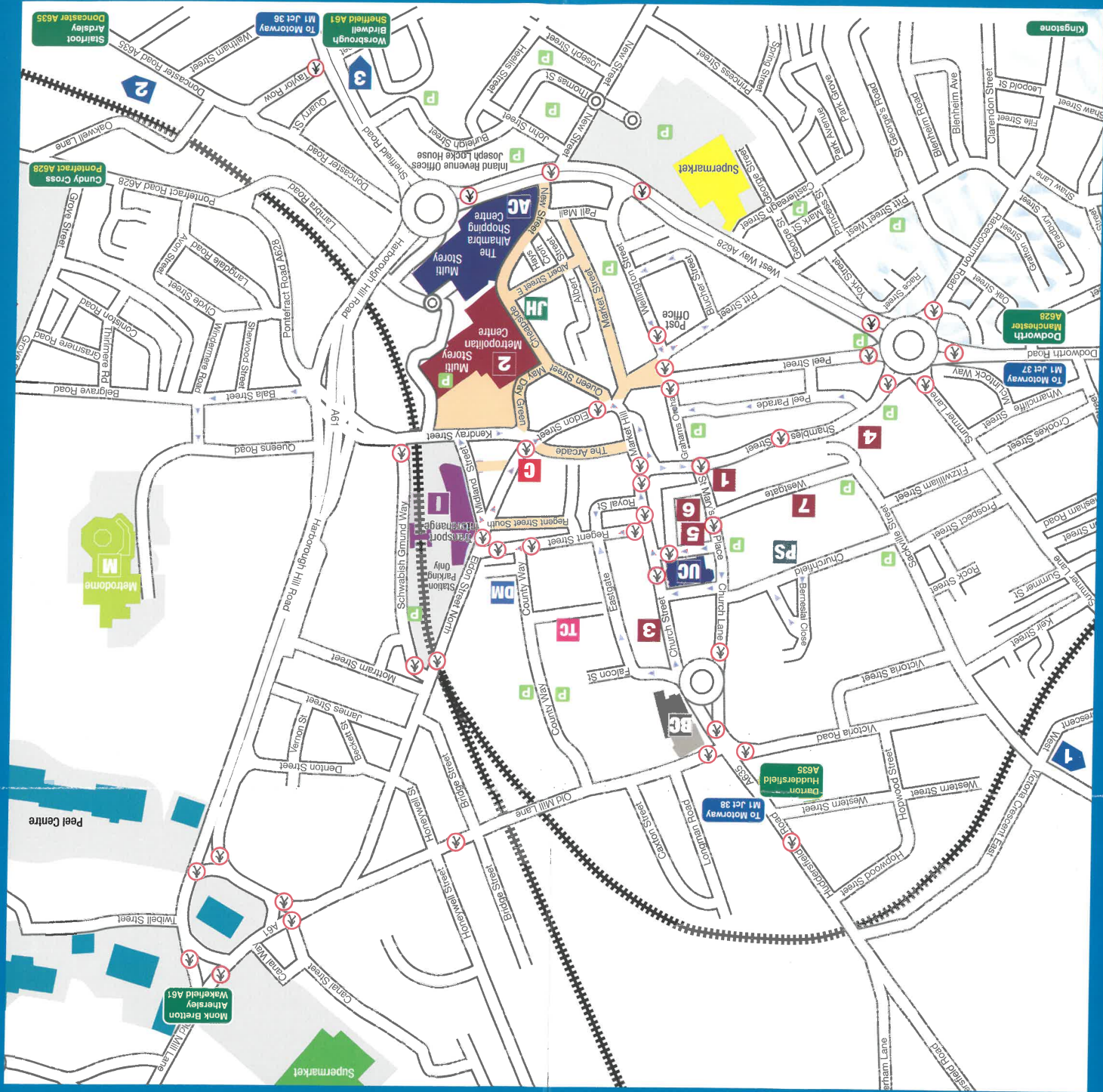
-  1 Barnsley Hospital
-  2 Kendry Hospital
-  3 Mount Vernon Hospital

-  Pedestrian crossing
-  Pedestrianised areas

## Legend

For information on sport and activities in Barnsley visit: [www.beactive.org.uk](http://www.beactive.org.uk)  
 For further information on travel plans visit [www.barnsley.gov.uk/travel](http://www.barnsley.gov.uk/travel)  
 For additional copies or further information please contact 01226 772618.  
 We welcome your feedback to enable us to improve our services - please email [travplans@barnsley.gov.uk](mailto:travplans@barnsley.gov.uk) to receive the survey.

## Contacts





**Distances between sites - in minutes**

	The Cafe	Digital Media Centre Barnsley	Metropole	Mount Vernon Hospital	Kendryk Hospital	Barnsley Hospital	Barnsley College	Cooper Gallery	Police station	Galway Plaza	Wesgate Plaza	Barnsley Central Library	Tom Hall	Experience Barnsley	Barnsley Interchange	CMC	Barnsley Market	James Hudson Taylor's birth place	The Alhambra Centre
The Cafe	10	10	5	5	5	10	10	10	10	10	10	10	10	10	10	5	5	5	5
Digital Media Centre Barnsley	10	10	5	5	5	10	10	10	10	10	10	10	10	10	10	5	5	5	5
Metropole	15	5	15	10	15	15	15	15	20	20	20	20	20	20	20	15	35	35	35
Mount Vernon Hospital	25	25	30	30	35	35	35	35	40	40	40	40	40	40	40	35	55	55	30
Kendryk Hospital	30	30	35	35	35	35	35	35	40	40	40	40	40	40	40	40	55	55	30
Barnsley Hospital	30	30	25	25	25	25	25	20	20	20	20	20	20	20	20	20	20	20	20
Barnsley College	10	10	5	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Cooper Gallery	10	10	5	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Police station	15	15	5	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Galway Plaza	15	10	10	5	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Wesgate Plaza	5	10	10	5	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Barnsley Central Library	10	10	10	5	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Tom Hall	10	10	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Experience Barnsley	10	10	10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Barnsley Interchange	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
CMC	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Barnsley Market	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
James Hudson Taylor's birth place	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
The Alhambra Centre	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

**Distances between sites - in miles**

**Improve your health through walking**

**Walking guide**  
**Barnsley Town Centre**



**Good reasons to walk**

- Walking is a great form of physical activity - it's free and easy to do anywhere. It peps you up, stimulates your mind, boosts concentration, increases productivity and efficiency.
- Walking briskly can protect you from heart disease, high blood pressure, obesity, diabetes, some types of cancer, depression, and can help to reduce absenteeism in the workplace.
- Walking makes you feel good, improves your mental wellbeing, reduces stress, relaxes you and helps you sleep.
- Walking briskly can help prevent weight gain and it can also help you to lose weight.
- Walking need not require any special equipment - it's environmentally friendly and the only fuel you'll need is a healthy meal.
- Walking one mile and running one mile uses the same amount of calories!
- Walking 10,000 steps a day will contribute to the recommended levels of physical activity which are 150 minutes of moderate intensity (slightly out of breath) activity per week.
- You can walk at a pace comfortable for you and build up gradually as and when you can.

**Tips to increase physical activity within your working day:**

- Use the stairs instead of the lift or escalator.
- Get off the bus one stop earlier or get on one stop later than you normally would.
- Try to walk short journeys of up to a mile rather than taking the car.
- In car parks, park as far away from the entrance as possible.
- Use your lunch break to take a brisk walk - you will feel so much better afterwards.
- Walk across the office to speak to a colleague rather than send an e-mail or telephone.
- Why not try a walking meeting?
- Park your car further away from work and walk in the remaining distance - it saves you money on parking too!
- Make sure you get up from your desk on a regular basis (at least once an hour) to move around, stretch and rest your eyes.

**Just follow these tips on how to get active at work and build regular moderate exercise into your daily life.**