



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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six urban walks™

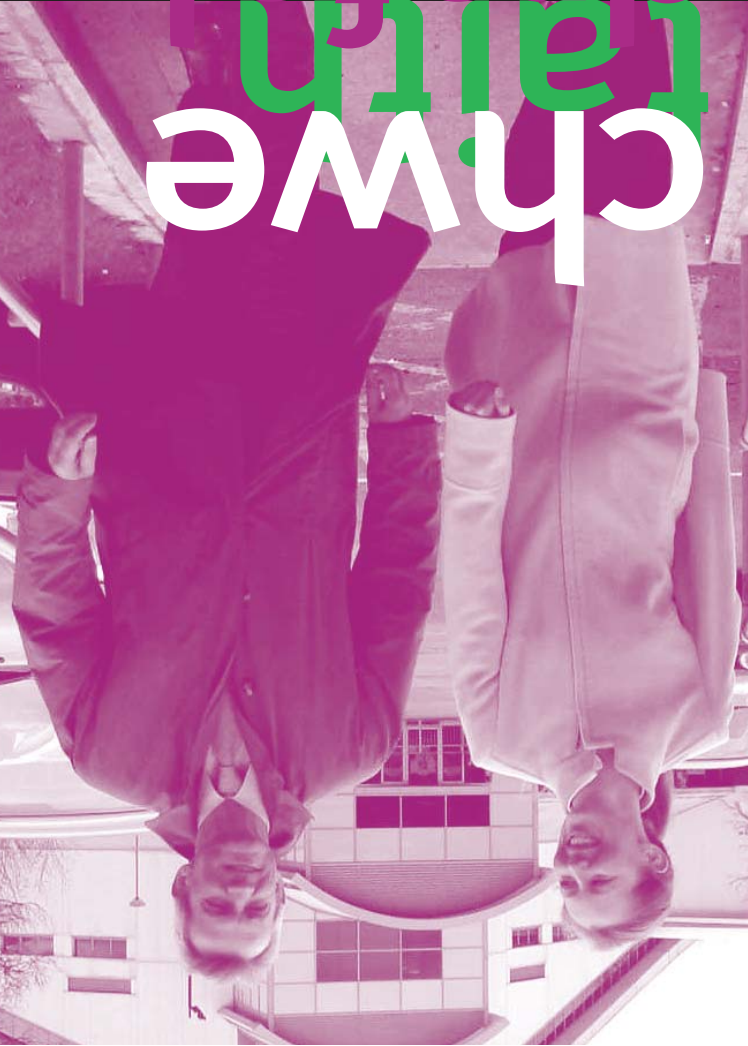
Wrexham Town Centre



Health
Challenge
Wales
Her
Iechyd
Cymru

Canol y Dref
Wrexham

chwe tair drefol



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



urbanwalks®



Health
Challenge
Wales



Her
Iechyd
Cymru

Welcome to Urbanwalks™

Urbanwalks is a vehicle to get communities moving again. The company has a simple philosophy to get people enjoying more activity more often in their everyday environment.

Urbanwalks in partnership with the Welsh Assembly Government are promoting a nationwide walking initiative. This Urbanwalks leaflet helps to encourage people in Wrexham to get out there and walk. The leaflet's unique format promotes a variety of circular routes of differing lengths that encompass typical everyday journeys within the local area.

Urbanwalks is working with the Transport Directorate to help deliver the aims set out within the Walking and Cycling strategy document for Wales.

Health benefits of walking

Significant health benefits can be obtained by taking the right amount of physical activity.

The current adult recommendation is at least 30 minutes of moderate intensity activity on five or more days of the week. Alarmingly, only about 37% of men and 25% of women currently achieve the recommended levels. Brisk walking is the perfect activity to help you meet the current recommendations.

Benefits of regular physical activity

Reduce high blood pressure – Moderate intensity activity, such as brisk walking, appears to be at least as effective in reducing blood pressure as more vigorous activity.

Prevention of Diabetes – Exercise greatly reduces the risk of developing Type 2 Diabetes.

Helps reduce weight – Physical activity in combination with a healthy diet can help to reduce weight and maintain weight loss.

Mental health benefits – Activity can help to reduce anxiety and depression. It also helps to improve self confidence.

Reduces risk of falls – Especially in the elderly. Physical activity can improve balance, co-ordination and joint flexibility.

Prevents development of Osteoarthritis and Osteoporosis in certain groups.

Increases strength in your heart, lungs and bones.

Improves your mobility and general well-being.

Provides you with more energy and promotes a better night's sleep.

How much walking should I do?

Walking will only contribute to the maintenance and improvement of health if it is of sufficient intensity and regularity, and is performed for a sufficient length of time. However, any walking is better than none. People may need to build up their level of activity gradually and for most inactive people gentle strolling is a good start point.

Frequency – Most days of the week (at least 5).

Intensity – At a pace faster than a stroll (see How will I feel? section).

Time – Ideally this should be one continuous session of activity of 30 minutes, but 3 periods of 10 minutes or 2 periods of 15 minutes will work just as well.

How will I feel?

Whilst being physically active you may feel some changes happening to the body, these are normal for everyone, and here is a list to help you understand.

You may: Feel a little out of breath, this is fine as long as you are able to hold a conversation without gasping for air.

You may: Feel a little clammy and warm, which is due to increased blood flow around the body.

You may: Feel a little aching in your muscles (calf, thighs etc). This is due to the body undertaking increased activity. Ensure you work at a moderate level and **do not** over do it.

What will I need?

Good footwear with laces so that the foot has support. Your footwear does not have to be expensive just sensible. **Do not** wear shoes of the slip-on variety or those with elevated heels.

Take some water with you. Make sure you don't allow yourself to become thirsty as this indicates that you are dehydrated. Drink little sips often, especially if you are sweating.

In Britain today 70% of the population are inactive, with 1 in 5 adults now classed as obese. Inactivity is now recognised as a major health and social burden costing the economy £8.2 billion per annum in England alone.

Remember; every step counts – make the ‘active’ choice everytime!

Use these routes to help you on your way to 10,000 steps a day. **Be healthy, stay safe and have fun.**

Additional streets and distances in Wrexham

Many of the walks given can be lengthened as walking ability improves. The following streets give you an idea of distances to increase the length of your walk.

These additional streets only take an extra 5 – 12 minutes to walk and are just as quick and much healthier than jumping in a taxi or on a bus.

- 1** HOSPITAL TO REGENT STREET
(Croesnewydd Road / Watery Road / Bradley Road)
Distance = Half a mile
This walk should take around 8 minutes
- 2** MOLD ROAD / REGENT STREET
(From roundabout at retail park to Hope Street)
Distance = Three quarters of a mile
This walk should take around 10-12 minutes
- 3** GROSVENOR ROAD
(Regent Street to Roundabout)
Distance = Quarter of a mile
This walk should take around 5 minutes
- 4** REGENT STREET
(From Hope Street to Mold Road)
Distance = Half a mile
This walk should take around 8 minutes



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TRANSPORT WALES

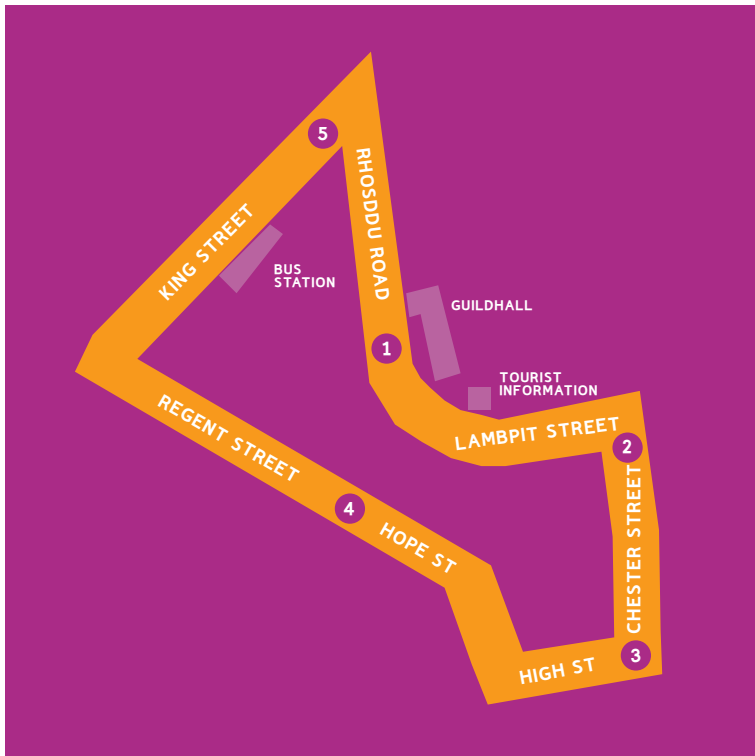
In implementing “A Walking and Cycling Strategy for Wales” we are promoting Urbanwalks as a transport initiative that has health, environmental and economic benefits and complementary to Walking the Way to Health.

The Assembly Government is providing funding for this piloting in Wales of the Urbanwalks initiative. This funding provides for a licence to cover 18 walks, website and detailed training in the Urbanwalks initiative for pilot participants. The scheme will be evaluated and consideration given to a further licence agreement.



Health Challenge Wales is a call to all people and organisations in Wales to work together for a healthier nation. The urban walks set out in this booklet provide an easy and enjoyable way to be more active.

Be part of it 
 Ewch amdani



2

Wrexham Town Centre Chester Street

1. Starting at the junction of Chester Street and Holt Street, walk along Holt Street to the roundabout.
2. At the roundabout turn left onto Bodhyfred and continue walking until you arrive at your 3rd roundabout.
3. Take your 2nd left turn on the roundabout into Grosvenor Road and walk along to the traffic lights.
4. At the traffic lights cross straight over Regent Street, turn right and take 1st left onto Bradley Road.
5. At the next roundabout turn left onto Watery Road then 2nd left at 2nd roundabout onto Pentre Felin leading to Brook Street.
6. At the next set of traffic lights turn left into Town Hill then take your 3rd left turn onto Chester Street and walk back to where you started.

- Distance = One and a half miles / 3600 steps
- This walk should take around 20-25 minutes
- Local Red Book, Page 16, Grid reference D2

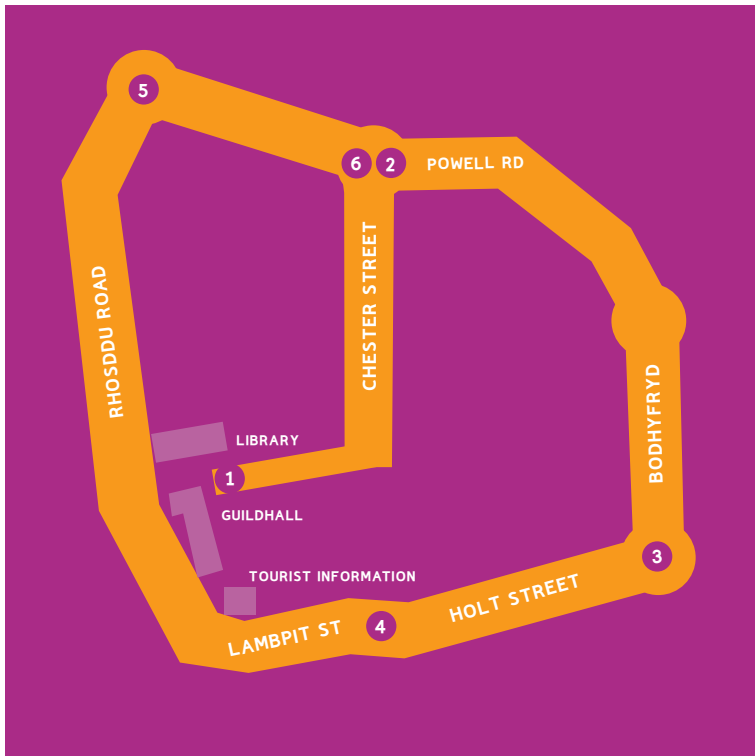
1

Wrexham Town Centre Lambpit Street

1. Starting at the back of the Guildhall on Rhosddu Road, follow the pathway round to the left into Lambpit Street.
2. At the end of Lambpit Street turn right onto Chester Street.
3. At the end of the pedestrian area turn right onto High Street then 1st right into Hope Street.
4. Continue along Hope Street into Regent Street taking your 3rd right into King Street.
5. At the end of King Street turn right onto Rhosddu Road and walk back to where you started.

- Distance = Three quarters of a mile / 1800 steps
- This walk should take around 10-12 minutes
- Local Red Book, Page 16, Grid reference C2





4

Wrexham Town Centre Chester Street

1. Start at the zebra crossing on Chester Street, follow the zebra crossing pathway across the car park between the Law Courts and Waterworld until you arrive at the main road.
2. Turning right walk along and carefully cross over the 1st roundabout then bear right at the 2nd roundabout onto St Georges Crescent.
3. Continue straight on into Charles Street then take 1st right onto Chester Street and turn left into Lambpit Street at the end of the pedestrian area.
4. Carry on walking and bear right into Rhosddu Road until you arrive at the 1st main roundabout then turn right.
5. Continue to walk to the next roundabout then turn right onto Chester Street and walk back to where you started.

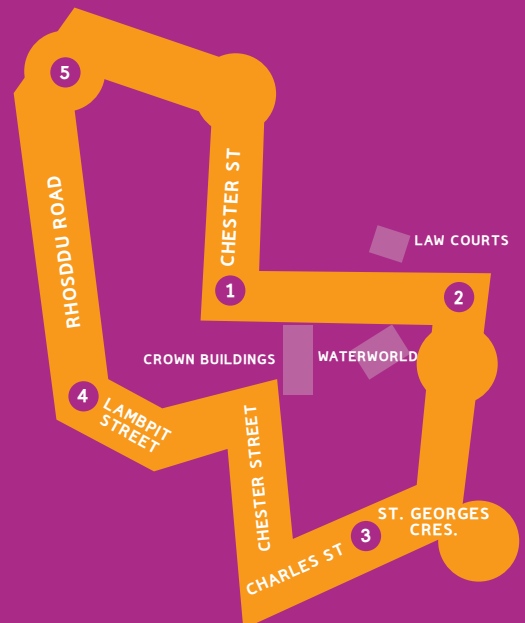
- Distance = One and a quarter miles / 3000 steps
- This walk should take around 20 minutes
- Local Red Book, Page 16, Grid reference D2

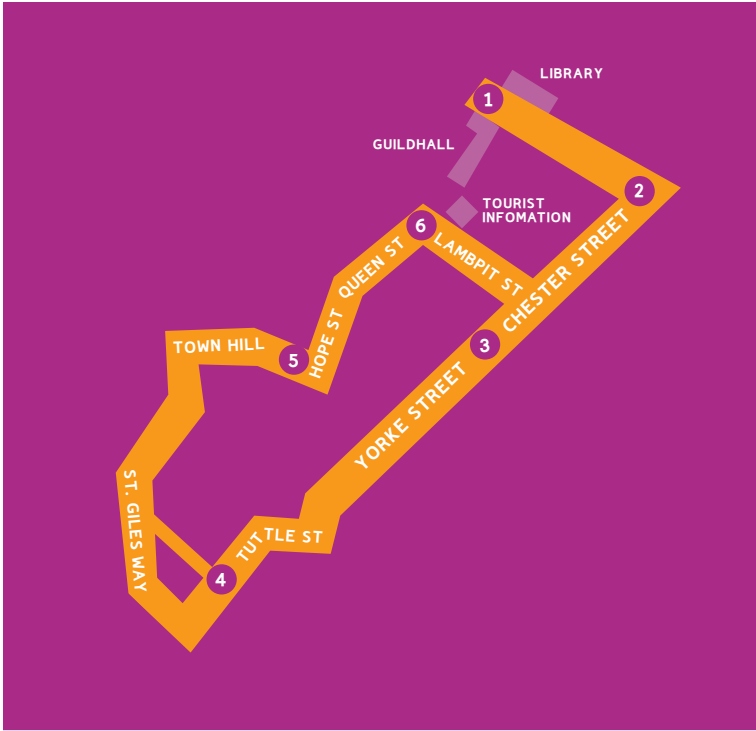
3

Wrexham Town Centre Guildhall

1. Starting between the Guildhall and the Library follow the path onto Chester Street, cross the zebra crossing then turn left and walk along to the 1st roundabout.
2. Turn right at the roundabout onto Powell Road and follow until you reach the 3rd roundabout on Bodhyfryd.
3. At the 3rd roundabout turn right into Holt Street, using zebra crossing cross over the road and walk along Lambpit Street.
4. Follow Lambpit Street past Tourist Information and bare right onto Rhosddu Road and continue to your next main roundabout.
5. Turn right at roundabout and continue along to the next roundabout.
6. Turn right onto Chester Street and walk back to where you started.

- One and a quarter miles / 3000 steps
- This walk should take around 20 minutes
- Local Red Book, Page 16, Grid reference C2





6

Wrexham Town Centre Chester Street

1. Starting at the zebra crossing on Chester Street, walk along the right hand side of Chester Street going towards Chester Road.
2. At the roundabout cross over Powell Road and walk along Chester Road.
3. Take your 2nd right turn into Westminster Drive and walk to the other end, then turn right onto Park Avenue.
4. At the end of Park Avenue turn left onto Bodhyfred and walk to the 1st roundabout.
5. Carefully cross over the road to your right using crossing and walk along to the 2nd roundabout.
6. At the 2nd roundabout turn right onto Holt Street then take your 1st right onto Chester Street and walk back to where you started.

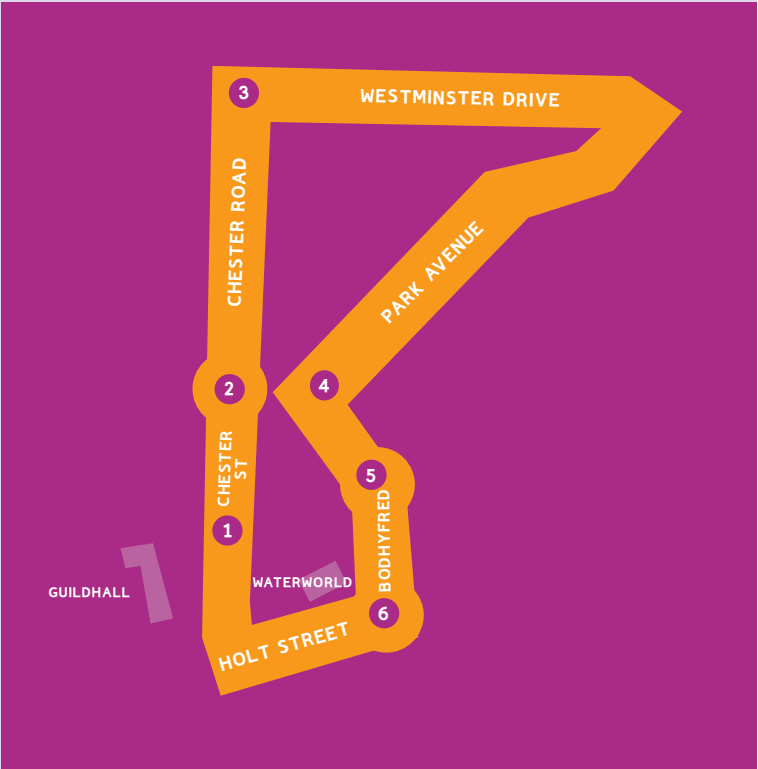
- Distance = One and a half miles / 3600 steps
- This walk should take 20-25 minutes
- Local Red Book, Page 16, Grid reference D2

5

Wrexham Town Centre Library

1. Starting at the Library and Arts Centre turn left and follow the pathway until you arrive at Chester Street.
2. Turn right and walk along Chester Street until you arrive at a mini roundabout.
3. Continue into Yorke Street then take your 1st right turn into Tuttle Street.
4. Continue along the right hand side of Tuttle Street bear right after the car park and walk through the pathway along St. Giles Way then take your first right into Town Hill.
5. Take your 2nd left into Hope Street then bear right into Queen Street.
6. At the end of Queen Street turn right onto Lambpit Street then 1st left onto Chester Street and walk back to where you started.

- Distance = One Mile / 2400 steps
- This walk should take round 15-20 minutes
- Local Red Book, Page 16, Grid reference C2



Urbanwalks™

Urbanwalks the company offers a wide range of activity solutions and consultancy services, to find out more please visit us at: www.urbanwalks.co.uk or call 0870 242 7507

Useful information

On most of the routes in this leaflet you will find a selection of local amenities, coffee shops and general convenience stores.

Welsh Assembly Government

For information about the Welsh Assembly Government: www.wales.gov.uk or call 029 20 825111

Wrexham County Borough Council

For information about Wrexham County Borough Council's services: www.wrexham.gov.uk or call 01978 292000

Traveline

News and information on local & national travel by bus, coach or train: www.traveline.org.uk or call 0870 608 2 608

NHS Direct Wales Online

For general medical information please visit: www.nhsdirect.wales.nhs.uk or call 0845 46 47

North Wales Police

For general advice on keeping you safe: www.north-wales.police.uk or call 01978 290222

Walkabout Wrexham

For information on local lead walks please contact: 01978 363555

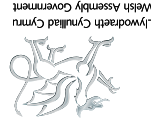
Health Promotion

For information on where to obtain more leaflets please contact: 01978 297068

Urbanwalks / Welsh Assembly Government Pilot

For more information about the Urbanwalks / Welsh Assembly Government Pilot please visit our website: www.urbanwalks.co.uk/wales

Or call Urbanwalks on 0870 242 7507



Neu ffoniwch Urbanwalks ar 0870 242 7507

www.urbanwalks.co.uk/wales

Llywodraeth Cynulliad Cymru ewch i'n gwefan:

Am ragor o wybodaeth am Rhaglen Bellot Urbanwalks / Rhaglen Bellot Urbanwalks / Llywodraeth Cynulliad Cymru

01978 297068

Hyrwyddo Iechyd i gael gwybodaeth am le i gael mwy o ddiarffwr, ffoniwch:

01978 363555

i gael gwybodaeth am deiliau cerdded i'w ysedd i'w leol, ffoniwch:

Crwydro Wrexam

www.north-wales.police.uk neu ffoniwch 01978 290222

i gael cynigwr cyffredinol ynglŷn â chadw'n ddiogel:

Heddlu Gogledd Cymru

www.nhsdirect.wales.nhs.uk neu ffoniwch 0845 46 47

i gael gwybodaeth feddygol gyffredinol ewch i:

Galw Iechyd Cymru ar-lein

www.traveline.org.uk neu ffoniwch 0870 608 2 608

Neu ydych chi gwybodaeth am deiliau lleol a'w cerdded i'w leol neu ddiarffwr:

Traveline

www.wrexham.gov.uk neu ffoniwch 01978 292000

i gael rhagor o wybodaeth am wasanaethau Cynigwr Bwrdeistref Siro Wrexam:

Cynigwr Bwrdeistref Siro Wrexam

www.wales.gov.uk neu ffoniwch 029 20 825111

i gael gwybodaeth am Llywodraeth Cynulliad Cymru:

Llywodraeth Cynulliad Cymru

Ar y rhan fwyaf o'r teithiau ar y daflen hon fe welwch ddewis o fnynderau lleol, stopau coffi a stopau nwyddau cyffwrdd cyffredinol.

Gwybodaeth i'w defnyddio!

Mae Urbanwalks, y cwmni, yn cynnig ystod eang o atebion i wellthgaredd corfforol a gwasanaethau ymgynghoriaeth, am ragor o wybodaeth ewch i: www.urbanwalks.co.uk neu 0870 242 7507

Urbanwalks™

5

Canol y Dref Wrecsam

1. Gan ddechrau yn y Llyfrgell ar Ganolfa Gelf, troch i'r chwith a dilynwch y llwybr hyd nes i chi gyrraedd Stryt Caer.
 2. Troch i'r dde a cherdwch ar hyd Stryt Caer hyd nes i chi ddod i glychfan fach.
 3. Parhewch ar hyd Stryt Yorke a throwch y cynfaf ar y dde i Stryt Twll.
 4. Parhewch ar hyd ymyl dde Stryt Twll, throwch i'r dde ar ol y maes parcio a cherdwch ar hyd Ffordd San Silyn, throwch y cynfaf ar y dde i Allt y Dref.
 5. Cymerwch yr ail ar y chwith ar Stryt yr Hôb a throwch i'r dde i Stryt y Sffwr.
 6. Ar ddwedd Stryt y Sffwr, throwch i'r dde ar Stryt y Lampint, yna'r cynfaf ar y chwith i Stryt Caer a cherdwch dwch nôl i ble y dechreuoch.
- > Peller = Milltir / 2400 o gamau
 > Dylai'r daith hon gymryd oddeutu 15-20 munud
 > Llyfr coch lleol, Tudalen 16, Cyfeirnod grid C2



6

Canol y Dref Wrecsam

1. Gan ddechrau ar y groesfan sebra ar Stryt Caer, cerddwch ar hyd ochr dde Stryt Caer tuag at Ffordd Caer.
 2. Ar y glychfan, croeswch Ffordd Powell a cherdwch ar hyd Ffordd Caer.
 3. Troch yr ail ar y dde i Rhodfa Westminster a cherdwch i'r pen arall, yna throwch i'r dde ar Rhodfa'r Parc.
 4. Ar ddiwedd Rhodfa'r Parc, throwch i'r chwith i Fodhyfryd a cherdwch i'r glychfan gyntaf.
 5. Croeswch y ffordd yn ofalus i'r dde a cherdwch tuag at yr ail glychfan.
 6. Ar yr ail glychfan, throwch i'r dde i Stryt Holt, yna cymerwch y cynfaf ar y dde i Stryt Caer a cherdwch nôl i ble y dechreuoch.
- > Peller = Milltir a hanner / 3600 o gamau
 > Dylai'r daith hon gymryd 20-25 munud
 > Llyfr coch lleol, Tudalen 16, Cyfeirnod grid D2



3

Canol y Dref Wrecsam Neuadd y Dref

1. Gan ddechrau rhwng Neuadd y Dref ar Llyfrgell, dilyn-wch y llwybr i Stryt Caer, croeswch y groestfan sebra a throwch i'r chwith ar y gylchfan gyntaf.
2. Troch i'r dde ar y gylchfan i Ffordd Powell a dilyn-wch hon hyd nes i chi gyrraedd yr ail gylchfan ar Fodhyfryd.
3. Ar yr ail gylchfan, throwch i'r dde ar Stryt Holt, defny-ddiwch y groestfan sebra i groesfwrdd Ffordd a cherdwch ar hyd Stryt y Lampint.
4. Dilynwch Stryt y Lampint heibio i'r Ganolfan Groeso ac ewch i'r dde i Ffordd Rhosddu a pharhewch i'r brif gylchfan nesaf.
5. Troch i'r dde a pharhewch i ail gylchfan.
6. Ar yr ail gylchfan, throwch i'r dde ar Stryt Caer a cherdwch nol i ble y dechreuoch.

- > Pellter = Milltir a chwarter / 3000 o gamau
- > Dylai'r daith hon gymryd oddeutu 20 munud
- > Llyfr coch lleol, Tudalen 16, Cyfeirnod grid C2



4

Canol y Dref Wrecsam Stryt Caer

1. Dechreuwch ar y groestfan sebra ar Stryt Caer, dilyn-wch llwybr y groestfan ar hyd y maes parcio rhwng y llysoedd at Byd Dwr hyd nes i chi ddod i'r brif ffordd.
 2. Troch i'r dde a cherdwch ar hyd a chroeswch dros y gylchfan gyntaf, yna throwch i'r dde ar yr ail gylchfan i Gilgant San Silyn.
 3. Parhewch yn syth i Stryt Siarl, yna cymewch y cyntaf ar y dde i Stryt Caer a throwch i'r chwith i Stryt y Lampint ar ddiwedd y ardal wedi ei phedestrediddio.
 4. Parhewch i geredd a throwch i'r dde i Ffordd Rhosddu hyd nes i chi gyrraedd y prif gylchfan gyntaf, yna throwch i'r dde.
 5. Parhewch i geredd i'r gylchfan nesaf a throwch i'r dde i Stryt Caer a cherdwch nol i ble y dechreuoch.
- > Pellter = Milltir a chwarter / 3000 o gamau
 - > Dylai'r daith hon gymryd oddeutu 20 munud
 - > Llyfr coch lleol, Tudalen 16, Cyfeirnod grid D2



Canol y Dref Wrecsam

Stryt Caer



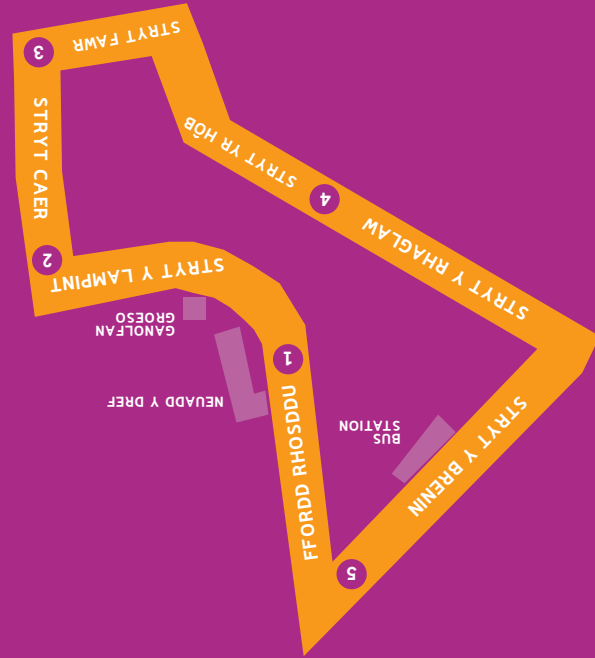
1. Gan ddechrau ar gyffordd Stryt Caer a Stryt Holt, cerddwch ar hyd Stryt Holt i'r gylchfan.
 2. Ar y gylchfan, troiwch i'r chwith i Fodhyfryd a pharhewch i gerdded hyd nes i chi gyrraedd y trydydd cylchfan.
 3. Troiwch yr ail chwith ar y gylchfan i Ffordd Grosvenor a cherdwch ar ei hyd i'r goleuadau traffig.
 4. Wrth y goleuadau traffig, croeswch i Stryt y Rhaglaw, troiwch i'r dde a chymewch y cyntaf ar y chwith i Ffordd Bradle.
 5. Ar y gylchfan nesaf, troiwch i'r chwith ar Ffordd Ddyfryd, yna yr ail ar y chwith ar yr ail gylchfan i Bentre Felin sy'n arwain i Glan yr Afon.
 6. Wrth y set nesaf o oleuadau traffig, troiwch i'r chwith ar Allt y Dref, cymewch y trydydd ar y chwith ar Stryt Caer a cherdwch nôl i ble y dechreuoch.
- Caer a cherdwch nôl i ble y dechreuoch.
- Pellter = Milltir a hanner / 3600 o gamau**
- > Dylai'r datblygiad hon gymryd oddeutu 20-25 munud
 - > Llyfr coch lleol, Tudalen 16, Cyfeirnod grid D2



Canol y Dref Wrecsam

Stryt y Lampint

1. Gan ddechrau wrth gefn Neuadd y Dref ar Ffordd Rhosddu, dilynwch y llwybr i'r chwith i Stryt y Lampint.
 2. Ar ddiwedd Stryt y Lampint, troiwch i'r dde ar Stryt Caer.
 3. Ar ddiwedd yr ardal bedestredio, troiwch i'r dde ar Stryt Fawr, ac ynaf cyntaf ar y dde i Stryt yr Hôb.
 4. Parhewch ar hyd Stryt yr Hôb i Stryt y Rhaglaw a throsch y trydydd ar y dde i Stryt y Brenin.
 5. Ar ddiwedd Stryt y Brenin, troiwch i'r dde i Ffordd Rhosddu a cherdwch nôl i ble y dechreuoch.
- Pellter = Tri chwarter milltir / 1800 o gamau**
- > Dylai'r datblygiad hon gymryd oddeutu 10-12 munud
 - > Llyfr coch lleol, Tudalen 16, Cyfeirnod grid C2



Ym Mhrdai heddwi mae 70% o'r boblogaeth yn sefwr, gyda 1 o bob 5 oedolyn nawr yn dod i'r categori gordeu. Mae anweithgaredd corfforol nawr yn cael ei gydnabod fel pwysau mawr ar iechyd ac ar gymdeithas gan gostio £8.2 biliwn i'r economi bob blwyddyn yn Lloegr yn unig.

Cofiwch: mae pob cam yn bwysig – gwnewch y dewis llawn egnï bob tro!

Defnyddiwch y llwybrau hyn i'ch rhoi ar ben y ffordd i gerdded 10,000 cam y dydd. **Byddwch iach, cadwch yn ddiogel a mwynhewch.**

Strydoedd a phellteroedd ychwanegol ym Wrecsam

Gall nifer o'r teithiau a nodir gael eu hwyhau wrth i'r gallu cerdded wella. Bydd y strydoedd i canlynol yn rhoi syniad i chi o bellteroedd i gynyddu hyd eich taith.

Dim ond 5-12 munud ychwanegol a gymer y strydoedd ychwanegol hyn i'w cerdded ac maent yr un mor gyflym ac yn llawer iachach na neidio i darsi neu ar fws.

- 1 YSBYTY I STRYT Y RHAGLAW
(Ffordd Croesnewydd / Ffordd Ddyfrilyd / Ffordd Bradle)
Pellter = Hanner milltir
Dylai'r daith hon gymryd oddeutu 8 munud
- 2 Ffordd Yr Wyddgrug / Stryt Y Rhaglawn
(O gylchfan y parc manwerthu i Stryt yr Hôb)
Pellter = Tri chwarter milltir
Dylai'r daith hon gymryd oddeutu 10-12 munud
- 3 Ffordd Grosvenor
(Stryt Y Rhaglawn i'r Gylchfan)
Pellter = Chwarter milltir
Dylai'r daith hon gymryd oddeutu 5 munud
- 4 Stryt Y Rhaglawn
O Stryt Yr Hôb i Ffordd Yr Wyddgrug
Pellter = Hanner milltir
Dylai'r daith hon gymryd oddeutu 8 munud

Evch amdani! Be part of it!

Mae Her Iechyd Cymru yn galw ar holl bobl a sefydliadau Cymru i gydweithio er mwyn gwella cenedl. Mae'r teithiau cerdded trefol a amlinellir yn y llyfr yn hwn yn cynnig ffordd hawdd a phlesurus o fod yn fwy egniol.



Mae Llywodraeth y Cynulliad yn darparu arfan ar gyfer rhaglen beilot menter Urbanwalks yng Nghymru. Mae'r arian yn darparu trwydded ar gyfer 18 o deithiau, gwefan a hyfforddiant manwl yn y fenter Urbanwalks ar gyfer cyfranogwyr yn y rhaglen beilot. Caiff y cynllun ei werthuso, a rhoddir ystyriaeth i gytundeb trwydded pellach.

Wrth weithredu "Strategaeth Cerdded a Seiclo i Gymru" rydym yn hyrwyddo Urbanwalks fel menter trafniadaeth sydd â manteision iechyd, amgylcheddol ac economaidd ac sy'n ategu Cerdded Llwybr Iechyd.

TRAFNIDIAETH CYMRU

Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Rhwystro datblygiad Osteoarthritis ac Osteoporosis

mewn grwpiau penodol.

Cynyddu cryfder yn eich calon, ysgyfaint ac esgyrn.

Gwella eich symudedd a'ch lles cyffredinol.

Rhoi mwy o egni a gwell noson o gwsg i chi.

Faint o gerdded ddywn i ei wneud?

Bydd cerdded ond yn cyfrannu at gymal a gwella technyd os ydych chi ddigon dwys, yn digwydd yn rheolaidd ac yn cael ei wneud am gyfnod digonol o amser. Fodd bynnag, mae unrhyw gerdded yn well na dim. Gallai fod angen i bobl adeiladu lefel eu gweth-garedd corfforol yn raddol, ac ar gyfer y bobl fwyaf segur bydd mynd am dro hamddenol yn ddechrau da.

Amlder - Rhan fwyaf o ddyddiau'r wythnos (o leiaf 5).

Dwyser - Ar gyfnydder sy'n gynt na hamddenol (gweler yr adran Sut fyddai'n teimlo?)

Amser - Yn ddefnyddol dyfai fod yn un sesiwn barhaus o weith-garedd am 30 munud, ond bydd 3 sesiwn o 10 munud neu ddwy sesiwn o 15 munud yn gweithio cystal.

Sut fyddai'n teimlo?

Wrth fod yn gorfforol weithgar etallai y byddwch yn gweld rhai newidiadau digwydd i'r corff, mae'r rhain yn gyffredin i bawb. Dyna restr i'ch helpu i ddeall.

Gallech deimlo: Ychydig allan o wrynt, mae hyn yn iawn cyn belled a'ch bod yn gallu cynnal sgwrs heb orfod ymladd am eich gwnt.

Gallech deimlo: Ychydig yn boeth a llath, oherwydd y cynnydd yn llif y gwaed o gwmpas y corff.

Gallech deimlo: Ychydig o boen yn eich cyhyrau (croth y goes, mordaidd ac ati). Bydd hyn oherwydd bod y corff yn gwneud mwy o weithgaredd. Gwnech yn siŵr eich bod yn gweithio ar lefel gymedrol a pheidiwch â'i gorwneud hi.

Beth fydd ei angen arnaf?

Esgidiau da gyda charerau i gynnal y droed. Nid oes yn rhaid i'ch esgidiau fod yn rhai drud, dim ond yn rhai sy'n hyspwrdd. Pheidiwch â gwisgo math digarrai o esgidiau neu rhai gyda sodiau uchel. Ewch â dwr gyda chi. Gwnech yn siŵr nad fyddwch yn gadael i'ch huan fynd yn sychedig gan fod hyn yn dangos eich bod yn mynd yn ddadhydredig. Yr fwy lymedau bach yn aml, yn arbennig os byddwch yn chwysu.

Croeso i Urbanwalks

Mae Urbanwalks yn gyfwrng i gael gymunedau i symud unwaith eto. Mae gan y cwmni athroniaeth syml iawn, cael pobl i fwyhau mwy o weithgaredd yn amlach yn eu hamgylchedd bob dydd.

Mae Urbanwalks, mewn partneriaeth â Llywodraeth Cynulliad Cymru, yn cynnal rhaglen beilot o fenter gerdded genedlaethol. Mae'r darllen Urbanwalks hon yn helpu i annog pobl Wrecsam i fynd allan a cheredd. Mae fformat unigryw y darllen yn hyrwyddo amrywiaeth o deithiau cerdded cyfchol o wahanol hyd sy'n sicrhau bod dydd cyffredin yn yr ardal leol.

Mae Urbanwalks yn gweithio gyda'r Gyfarwyddiaeth Drafnidiaeth i gynorthwyo i gyflawni'r nodau a amlinellir yn y ddogfen Strategaeth Ceredd a Seiclo i Gymru.

Manteision iechyd cerdded

Gellir cael manteision iechyd sylweddol drwy wneud digon o weithgaredd corfforol.

Yr argymhellad presennol ar gyfer oedolion yw o leiaf 30 munud o weithgaredd gymedrol ar bum diwrnod neu ragor yr wythnos. Yr hyn sy'n peri pryder yw mai dim ond 37% o ddyfynion a 25% o feunydd sydd ar hyn o bryd yn cyrraedd y lefelau a argymhellir. Mae cerdded bywiog yn weithgaredd perfformans i'ch helpu i gyrraedd y lefelau a argymhellir.

Manteision ymarfer corff rheolaidd

Gostwng pwysau gwaeled uchel - Mae gweithgaredd gymedrol, megis cerdded bywiog, yn ymddangos fel petai'r un mor effeithiol mewn gostwng pwysau gwaeled â gweithgaredd mwy egniol.

Atal Diabetes - Mae ymarfer corff yn lleihau'n fawr y perygl o ddatblygu Diabetes Math 2.

Helpu i gollu pwysau - Gall ymarfer corff, ar y cyd gyda deiet iach, helpu i gollu pwysau a chynnal y golled pwysau.

Manteision iechyd meddwl - Gall gweithgaredd corfforol helpu i leihau pryder ac iselder. Mae hefyd yn helpu i wella hunan hyder.

Lleihau'r perygl o syrthio - Yn arbennig ymhlith yr henoced. Gall gweithgaredd corfforol wella cydbwysedd, cydsymud a hyblygrwydd y cymalau.