

Here's how you can lose those extra pounds!

Did you know that you could lose those extra pounds by walking in your lunch hour? It's as easy as this - 30 minutes for 5 days a week.

It's free - no subscription fees - no special kit, ***and it works!***

Will walking really help me to lose weight?

Yes if you do it regularly. 30 minutes of walking uses roughly the same number of calories as 15 minutes jogging.

How much walking should I do?

Anything is better than nothing, but aim to build up at least 30 minutes a day (at least 5 days a week). If you do more than this, you will burn more calories and increase the chance of losing more weight.

That's a lot, I'm not very fit and don't have much time.

2 or 3 short walks throughout the day is an effective way of building up to 30 minutes, for example walking the dog, walking at lunchtime or to work, taking the kids to school, walking to the shops instead of taking the car...

How fast should I go?

You should be warm and slightly breathless, but still able to talk comfortably. For those who are less fit this will be a slower pace than for those who are fitter. As long as you are moderately breathless the effect will be beneficial.

How will I start to lose weight?

This depends on what you eat. To start losing weight you need to be burning more calories than you eat (with regular exercise). When you start an exercise programme the mixture of muscle and fat in your body starts to change. This may mean you won't lose weight straight away, but your body is adjusting and becoming better at using fat for energy.

How much weight will I lose?

This depends on your diet and consistency. 1lb (0.5 kg) a week is healthy and more likely to be permanent. This seems slow, but it is actually 52lb each year - be realistic, consistent and patient.

What else can walking do for me?

30 minutes of walking a day can have a positive effect on your blood pressure, cholesterol, diabetes, osteoarthritis, stress, anxiety and depression as well as lowering the risk of coronary heart disease, strokes and some cancer.

Walk instruction and safety:

- Wear comfortable clothing and shoes
- Try to walk in pairs where it is possible
- Mobile phones: it is always useful to carry a mobile phone while out walking
- Medication/ food/ drink if required
- Tell somebody where you are going
- Eat after the walk (to maximise benefits unless otherwise instructed by a Doctor or Health Professional)

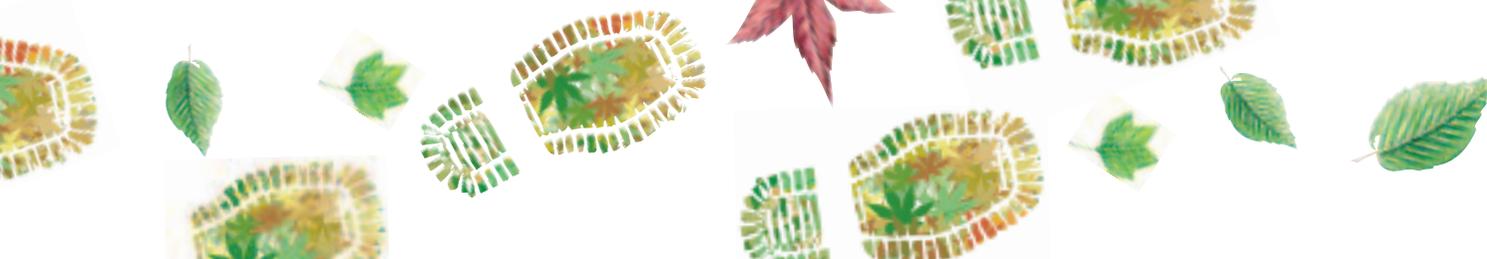
“a breath of fresh air”

Walks in Parks



Bowling Park

Three short walks
around the park



Bowling Park

How to get there -

Bus Number 624 to Bowling Hall Road.

All routes start at the Park Lodge on Bowling Hall Road.

Hazards: There are roads to cross.

Route 1: To Bolling Hall ■ ■ ■

Taking in the park and Bolling Hall Museum.

If you want to visit the Museum, the opening times are as follows:

Weds, Thursday, Friday	11am – 4pm
Saturday	10am – 5pm
Sunday	12pm – 5pm

Closed Monday and Thursday.

Phone (01274) 723057 for more details.

Time: 35minutes Distance: 2.2km, 1.3miles

This route has steps in it. For level access to the Hall go in through the car park on Brompton Avenue.

Come out of the park and turn left down Bowling Hall Road. There are high walls either side of you and trees off to the right. To the left are views across the park.

Cross the road and go up the 33 steps to Bolling Hall Museum. Walk along the flags and turn right after the bike stands, through the garden, rose bushes on your right and trees to your left. Go up the 4 steps and take a left. Take another left after 4 more steps. You can see views of the hall and the garden.

Follow the path right round the Hall. You will see two mile stones. One saying "Huddersfield 8 miles/ Bradford 3 miles" and the other showing the boundary between North Bierley and Bradford. You will see two mill stones on your left and a doorway with the date 1661 marked above it. Views of the Park and Bradford can also be seen.

Continue around the Hall and back down the steps to the right. Cross Bowling Hall Road and go into the park through the entrance opposite, turn right at the play area. On your left is a promenade of trees and a fountain to your right. When you reach a junction, go to the left. There are good views and you can see Odsal Top. Follow the path back up to the Lodge.

Route 2: ■ ■ ■

Time: 10 minutes Distance: 0.7km, 0.4 miles

Go straight down the path from the Lodge. Take the small path on the right and after you have passed the Bowling Green on your left, take the right fork. Cross the promenade with the play area on your left and a concrete area on your right. Take a right turn back onto the main path and then back up to the Lodge.

Route 3: ■ ■ ■

Time: 30 minutes Distance: 1.6km, 1mile

Leaving the Lodge, follow the large main path around the park. For variation in this, go around in the opposite direction. There is a fairly steep hill on the last leg of the walk.

