

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 (0.5kg) 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



Horton Park

**Three short walks
around the park.**

Horton Park Centre

Three routes of around 30 minutes.

How to get there: Bus 576 (Lime Line) from Bradford city centre, get off at the Horton Park Centre.

By car, turn down Horton Park Avenue from the A6177 (Great Horton Road).

Hazards: The routes are all tarmac paths and pavement but may be uneven in places.

All routes involve crossing busy roads.

Route 1: ■■■■ Around Horton Park

The smaller paths in the park can be used to vary this walk.

Time: 25 minutes Distance: 1.4km, 0.86m

Enter the park from the Horton Park Avenue entrance. Follow the wide tarmac path to the right. Continue up the hill until you are in sight of the gate at the top of the park, and take the fork to your left at the bench. You will pass the rose garden on your left and Joseph Nutter House (part of Bradford College) is on the right. You will see views across Bradford as you come down the hill. Continue on this path, passing the pond on the left, the bowling green and the play park. Follow the path back down to the gates.

Route 2: ■■■■

There are steps on this route so it is unsuitable for pushchairs

Time: 30 minutes Distance: 1.6km, 1m

Enter the park from the Horton Park Avenue entrance. Follow the path up the middle. Climb the 18 steps and cross the bridge over the pond. You will be able to see 3 islands on the pond, look out for birds. There are also views across Bradford at this point. Continue straight up to the top of park, passing the fossil tree on the right. At the top, take the right path and go out through the gates.

Continue on this path back down the hill and back to the main gates on Horton Park Avenue.

Route 3: ■■■■ A historic view of Bradford

Time: 15 minutes Distance: 1.3km, 0.8m

This walk begins on All Saints Road. Take a shortcut through the Surgery car park. Turn right and follow this road. You will go over a disused railway bridge, and see the university on your left.

Cross over Laisteridge Lane at the end and turn down Little Horton Green. You will see old cottages dating from around 1755. This used to be the Sharp Powell Estate.

Turn right down Kennion Street between the Church and All Saints primary school. At the end of Kennion Street, turn right onto Little Horton Lane. After the Old Red Lion pub turn right onto Horton Park Avenue. Continue back to Horton Park Centre (take care when you cross Laisteridge Lane).

