

## 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



## Peel Park

**Two short walks around the park.**

# Peel Park

The first walk is around Peel Park and the second takes you from Peel Park to Undercliffe Cemetery and back.

**How to get there:** Get off the 641 or 642 bus at the Post Office on Bolton Road, just after Bolton Lane, go back down the road, cross over at the crossing and turn right and into Peel Park. Start at the large gates, opposite the junction with Queens Road. By car – Bolton Road is off the A6177 Ring Road at Queen's Road, there is no parking available in the park.

**Hazards:** There are steps on both routes and the paths are, at times, uneven or muddy. There are hills to climb on both routes.

## Route 1: Peel Park Circular ■ ■ ■

Time: 30 Minutes Distance: 1.7 km, 1.03 miles

Follow the wide path straight on with the lake to your right, take the left fork when you come to a junction. Come to the top of park and turn right between the bins, follow the footpath to the junction where you can see a bridge in front of you. Take a left then follow the path across the bridge which widens into a promenade and go past the statue of Sir Robert Peel on your left. At the end is a set of steps, which you can climb to see views across Bradford. Come back down and take the steps that are now on your left. Go down the hill, following the path and steps. On left is a big hedge. When you come to a path to the right, take that in the direction of the lake. Go to the lake and walk around it anti-clockwise. Go up the hill on the path to your left and take the steps to your right and then turn left back to gates.



## Route 2: Peel Park – Undercliffe Cemetery ■ ■ ■

Time: 1 hour Distance: 4km, 2.5 miles.

Walk into the park and turn right down the steps towards the lake. Take a right, following the path, with the lake on your left. Continue straight on up the hill, up the steps. At the top, go left along the wide path. After the 3rd statue on your right (called "Spring") take the path to the right. Follow it as it curves to the left. Come to the entrance of the park, and take a left up to the road.

Go left up Otley Road and past the Peel Park Pub. Cross over at the island and go into the Cemetery gates. Follow the main path and take your first right. Follow this path and go up the 12 steps. Go right once more and follow the path as it curves until you come to a junction, take another right and follow the path to the end of the promenade where there is a huge memorial spike. Once there make sure you admire the stunning views of Bradford and the surrounding countryside. From there head down the two sets of steps and follow the grass path along the cemetery boundary until you reach the Undercliffe Lane entrance. Take a left and follow the path across and down 18 steps, carry on forward and you will reach the original 12 steps. From here you can retrace your steps back out of the cemetery and back down through the park back to the Bolton Road entrance.

