

## 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)

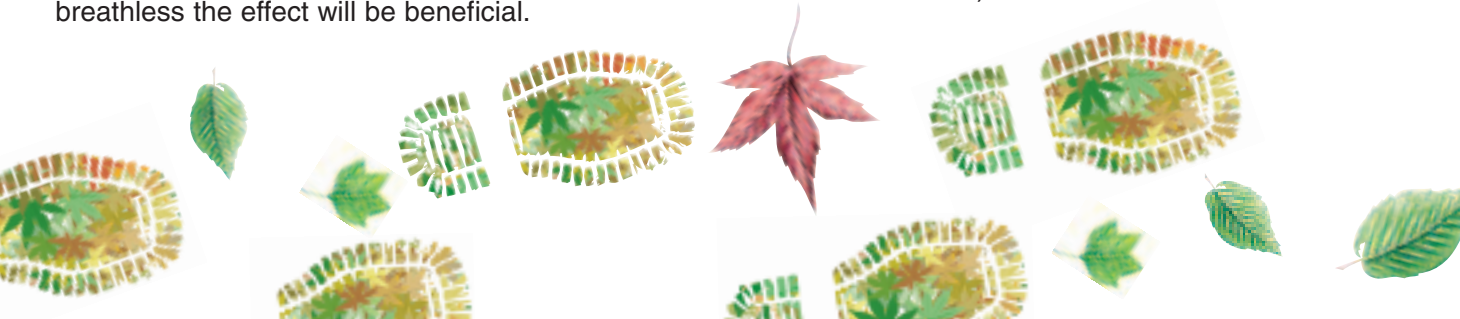
**“a breath of fresh air”**

# Walks in Parks



## Wibsey & Harold Park

**Four short walks around the park**



# Wibsey & Harold Park

The walks around these two parks can be joined together to make one longer walk, or used separately.

The long walk is 3.5km or 2.2miles

**Hazards:** Water, some uneven and muddy paths, roads to cross.

**How to get there:** To Wibsey Park, catch the Red Line bus to the Late Shop on Beacon Road.

**Bus number 509 and 613 from Halifax Road back to Bradford City Centre.**

## Wibsey Park ■ ■ ■

Time: 25 minutes Distance: 1.5km, 0.9miles

Once you are in the park, take the wide, flat tarmac path to the right. You will pass an animal and bird house to your right and a bowling green and lake to the left. Continue along past the large playing field area to your left and a plant nursery to your right. It can be quite windy and cold along this path.

The path bends to the left and then take the path to the right. This will take you in the direction of Buttershaw School. Come out of the park and take a left along the road. Follow this until you reach a green fence and go into the area to your right. This is known as Reevy Mill Dam. Go to the right, following the boardwalk over the water. (Be careful as it may be uneven in places) Continue following this path all the way around the pond until you come to a gap in the wall (after the bench). Go through this and then follow the mud path to your right, through the trees until you reach the concrete path near the Wibsey Park Avenue entrance. Follow the path to the right around the lake where you will see a variety of water birds. Continue round until you are back where you started.

## Wibsey Park – Harold Park ■ ■ ■

Time: 40 minutes Distance: 2km, 1.2 miles

Turn right out of Wibsey Park and follow Beacon Road until you reach the roundabout. Cross over Wibsey Park Avenue and go to the right down St Helena Road, past the Jet garage. Continue until the road splits at a triangle of grass with trees on. Go to the right, at the bottom past Julia's florist down Buttershaw Lane and continue until you reach Halifax Road.

Cross Halifax Road at the crossing and go straight down Royds Hall Lane. Stay on the main road until you pass the Cemetery and pigeon coops on your left. Take the 2nd left on to Cemetery Road the road curves round to the left and the park entrance is on your right.

## Harold Park ■ ■ ■

Time: 20 minutes Distance: 1km, 0.6 miles

Walk to your right and follow the path around the lake. When you get to the trees, turn right and head up the hill at the obelisk. At the obelisk, take the left of two paths which takes you slightly up hill. You will pass a bin on your right hand side. At the junction veer right along the boundary wall and then loop right so that the Bowling Green is on your left. The path way becomes a track keep following until you rejoin the tarmac path and follow down past the top lake. Take a left down some steps and follow the path round the Sundial, then follow the path back to the obelisk. Take a left out of the park and head up the hill on Park Road. Carry on straight ahead through rails on the pathway back onto Halifax Road, cross over the road and catch a bus into town.

## Harold Park – Halifax Road ■ ■ ■

Time: 10 minutes Distance: 0.5km, 0.3 miles

Coming out of the park turn right up Moor Top Road and follow this back up to Halifax Road. You will pass Horsfall Stadium to your right. Once on Halifax Road, you can catch a bus back to Bradford City Centre or walk back up to Wibsey Park

