

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 (½kg) 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)



For more information on Lister Park and the districts parks and woodlands, please contact:

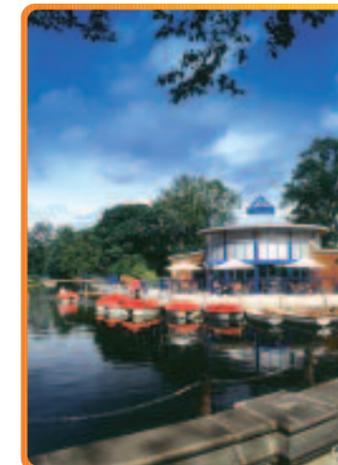
Lister Park:

Tel: 01274 437673
email: lister.park@bradford.gov.uk

General enquiries:

Tel: 01274 437789
or visit the website
www.bradforddistrictparks.co.uk

Lister Park



has a wealth of beautiful and interesting features including Cartwright Hall, the boating lake, a large childrens play area, the Mughal water gardens, the Botanical Garden and the Geological trail to name just a few.

To help you get the most out of your visit we have chosen four routes that each take in different features of the park. The times listed are approximate, why not take longer and spend some time discovering more about this historic park?

All the paths are tarmac. There are some steps close to Cartwright Hall, and there are water features on the route where you should keep a close eye on children.

How to get there:

Routes 1 – 3 are from the Prince of Wales Gates on North Park Road. There is parking here, and the 680 bus stops nearby.



Route 4 leaves from the main gates on Oak Lane. It is possible to get any bus that goes up Manningham Lane to the stop just outside Lister Park. Alternatively, enter the park through these gates and walk up to the Prince of Wales Gates to start routes 1-3.

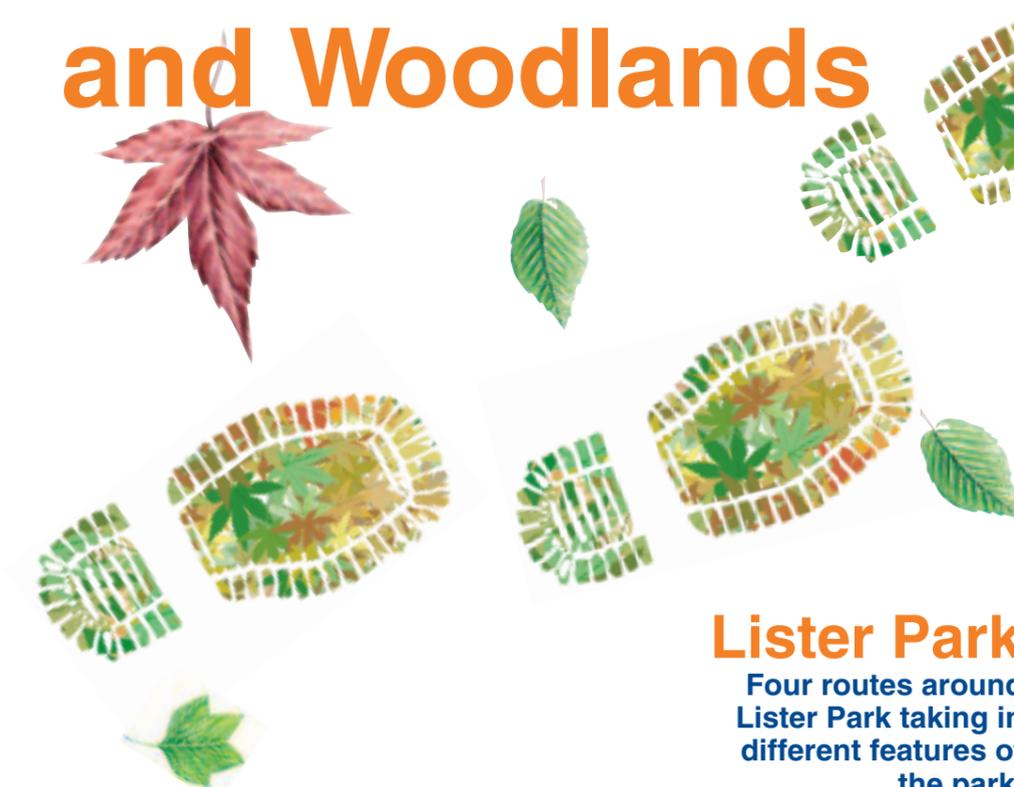
City of Bradford Metropolitan District Council

Parks and Landscape Service

www.bradford.gov.uk

“a breath of fresh air”

Walks in Parks and Woodlands



Lister Park

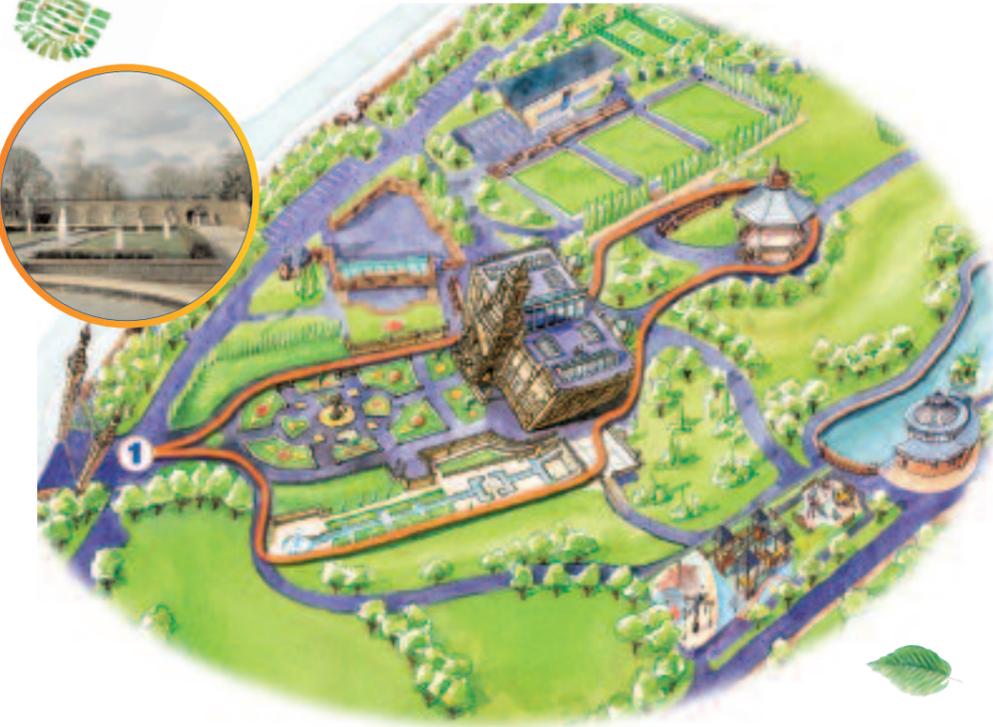
Four routes around Lister Park taking in different features of the park.





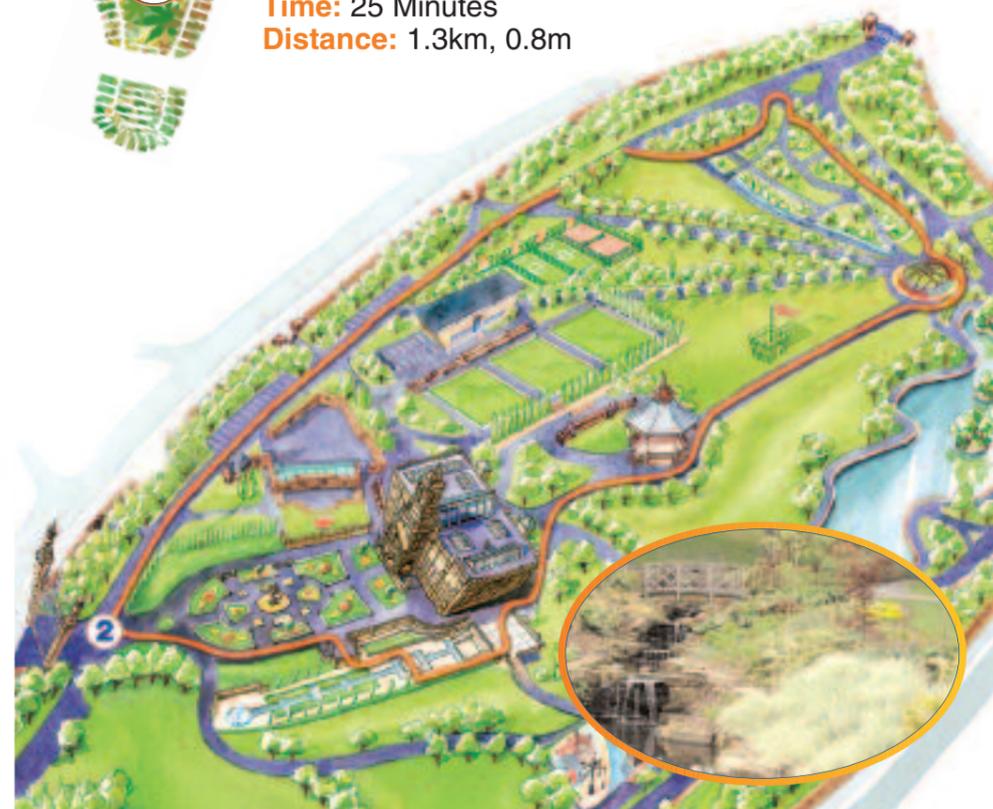
Formal Gardens, Bandstand and Mughal Gardens

Time: 15 Minutes
Distance: 0.75km, 0.45m



Botanical Gardens, Mughal Gardens and Formal Gardens

Time: 25 Minutes
Distance: 1.3km, 0.8m



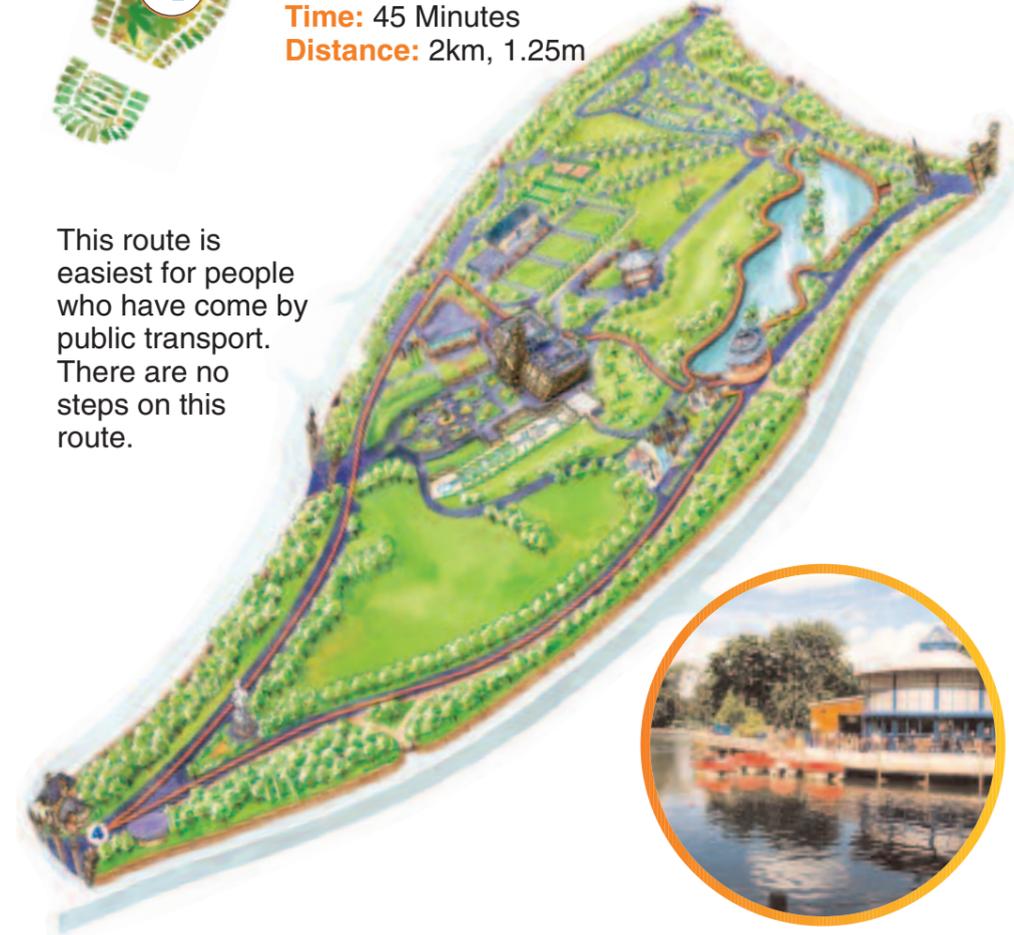
Family walk taking in the boating lake and play area

Time: 30 Minutes
Distance: 1.4km, 0.86m



Family walk from Oak Lane taking in the boating lake and play area.

Time: 45 Minutes
Distance: 2km, 1.25m



This route is easiest for people who have come by public transport. There are no steps on this route.

From the Prince of Wales Gates head towards Cartwright Hall, walking around the flower gardens. Turn left just before the Hall and go up the steps. Take a right and walk past the statue of a stag, which will be on your right. Follow the path to the right and turn right again, heading down the hill. You will see a path to the left, going towards the bandstand – turn left and walk to the bandstand.

When you have had a look, turn round and go back the way you came towards Cartwright Hall. Walk to the left of the Hall and walk diagonally across the paved area to your left. Go down the steps in the corner and you will find yourself in the Mughal Garden. Walk along to the end of this towards the fountain. Come out of the garden at the end and turn right. Walk up the hill and turn left again to reach the gates where you started.

Turn left along the wide path after leaving the Prince of Wales Gates. Follow this all the way along, and take the second right after the basketball and tennis courts. Turn right again and follow the path down the hill. Take time to explore the different parts of the botanical gardens.

At the bottom of the hill, turn right at the fossil tree and then head towards the bandstand along the straight path. You will go past the meteorological station on your right. Walk to the left of the bandstand and then to the left of Cartwright Hall. Walk diagonally across the paved area and down the steps in the corner. This will bring you into the Mughal Garden. Cross the bridge over the water and go up the steps in front of you. This will bring you into the formal gardens. Turn left and walk through the gardens back to where you started.

Walk through the formal gardens in front of you and take a left at the Hall. Go up the steps and turn right at the top, turning right again after the stag statue and going down the hill towards the boating lake. Walk all the way around the lake.

After you have walked around the lake, walk towards the play area, which you will be able to see in front of you. Once you have finished there, come out and turn left and left again, following the path up the hill. Follow this around, it will take you back through the formal gardens to where you started.

Enter the park at the Oak Lane entrance and walk to the left. Continue along here until you have gone past Cartwright Hall. Take a right after the Hall and walk down the hill in the direction of the lake. Walk all the way around the lake.

After you have walked around the lake, continue past the boating pavilion towards the play area, which you will be able to see in front of you. Once you have finished there, come out and turn right onto the main path. Follow this all the way back to the entrance.