Getting Active will...
- lower your blood pressure
- control your weight
- help you stop smoking
- strengthen your heart and lungs
- lower your cholesterol level
- help you cope with pain
- relax your mind, aid your sleep
- improve your mood and help you concentrate
- make your bones stronger
- make your whole body work better

at Bramcote Hills Park

Supported by

PARK LIFE
Cycling is a great way to get active and many safe routes are well signed from Bramcote Hills Park, including Stapleford, Bilborough and Beeston. It’s a good starting point for a longer cycle ride to Wollaton Park (2.5km, 1.5 miles), Attenborough Nature Reserve (4km, 2.5 miles) or Nottingham city centre (8km, 5 miles). Start with a short ride at first and gradually build up to 30 minutes cycling 4 or 5 times a week.

When you’re really fit, you could ride as far as Bestwood Country Park, Newstead, Sherwood Pines Forest Park, Vicar Water Country Park, Sherwood Forest Country Park or even Clumber Park, following the Sustrans National Cycle Route 6, (Dover to Inverness route).

Nottinghamshire County Council produces a booklet called ‘Cycling in Nottinghamshire’ or go to www.nottinghamshire.gov.uk (Tel 0115 977 4585) or www.sustrans.org.uk (Tel 0117 929 0888) for more information.

---

Walking Routes at Bramcote Hills Park

The Parkland Route - (1.25 km, ¼ mile) Follow markers with blue bands and allow 30-40 mins.

This is a flat and easy walk on surfaced paths with plenty of benches for resting. A good walk to start with if you are unfit, as there are no steep gradients, stiles or gates to go through.

The Woodland Walk (1.5 km, 1 mile)
Follow markers with green bands and allow ¼ hour.

This route includes steep gradients, many steps and rough woodland paths. It is suitable for those who are relatively fit.

---

Longer Walking Routes Starting from the Park

The Nottingham Canal Trail, (14 km, 8.7 miles) along the disused Nottingham Canal is easily accessible from Stapleford Hill and the Hemlock Stone. The walk connects Wollaton with Coventry Lane to the east, Trowell and Langley Mill to the west and is also suitable for cycling. An optional return along the Erewash Canal makes a round trip of 27.3km, 17 miles.

The Robin Hood Way (168 km, 105 miles)
When you’re feeling really fit, why not try part of the Robin Hood Way? It starts at Nottingham Castle, goes through Bramcote Hills Park and many other parks, all the way to Sherwood Forest. Follow the markers with the bow and arrow signs.

Keep a diary of your walks, time how long it takes you and try to increase your speed each time. Alternate gentle walking with short stretches of brisk walking, gradually increasing the time you spend walking more quickly, as you get fitter.

---

Getting Active in Greenwood

Want to walk somewhere else in Greenwood, Nottinghamshire’s Community Forest? A series of free walks cards with maps are available, showing many other sites where you can Get Active.

- A Step Forward – Walking Your Way to Health in Greenwood, Sherwood and Beyond
- Break Free Greenwood Walks
- Break Free Greenwood Walks 2

For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.
Prepare to Get Active

1. Wear sensible shoes or walking boots. Wear comfortable clothing to suit the weather and an extra top at the start, so you can remove clothing as you warm up. Never exercise when you are ill or if you have a cold, and stop if you start to feel unwell, dizzy or so breathless you can’t talk.

2. Wear warm up first with exercises, then start with a gentle pace for 2-5 minutes, gradually increase the pace and the length of accelerated exercise, and decrease the amount of slower paced exercise. After 4 weeks or so, you are aiming for a ten-minute increased exercise period within each 30 minute workout. 5 times a week. You can increase this as you get fitter. Slow down to a minimum jog after 15 minutes, and then slow to a walk, 5 minutes before finishing to cool down. If you do some stretching exercises to help prevent injury and strains.

3. Fill in the diary to show how you’ve improved and set yourself new targets as you work your way to fitness.

4. Always check with a doctor before you start an exercise programme. The exercises shown here are examples of how you could use a simple park bench during your 30 minute routine at the park. If you are cycling for the first time, make sure your bike is the right size and comfortable, call at your local cycle shop for a bike check. Begin riding somewhere quiet, away from main roads and wear bright or reflective clothing to enable other people to see you. Gradually work up to longer and more frequent rides.

Exercising in the Park

You don’t need special equipment to get fit in the park. Just use the things you find there to help you create your own fitness trail. Benches can be used for many stretching and strengthening exercises. Always check with a doctor before you start an exercise programme. The exercises shown here are examples of how you could use a simple park bench during your 30 minute routine at the park. If you are cycling for the first time, make sure your bike is the right size and comfortable, call at your local cycle shop for a bike check. Begin riding somewhere quiet, away from main roads and wear bright or reflective clothing to enable other people to see you. Gradually work up to longer and more frequent rides.

Abs = Stomach Muscles

Exercise 1: Front Raise, Overhead Press and Bicep Curl

Exercise 2: Leg Extension, Hip Flexion and Inner Thigh

Exercise 3: Bench Squat and Tricep Dips

Exercise 4: Standing Leg Exercises

Exercise 5: Stretches for Your Wrists and Arms

Exercise 6: Abs (stomach muscles)

4 Week Log

Start week 1 by recording your normal daily exercise from walking the dogs to digging your garden. The aim of the log is to help you achieve the recommended 30 minutes exercise five times a week. Make sure you read ‘Prepare To Get Active’ before starting and follow the basic instructions for what your 30 minute sessions should include.

Below is an example of a typical routine:

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal Routine</td>
<td>Walk at work</td>
<td>Go for a walk</td>
<td>Go for a walk</td>
<td>Go for a walk</td>
<td>Go for a walk</td>
<td>Go for a walk</td>
<td>Go for a walk</td>
</tr>
<tr>
<td>Goal</td>
<td>Mountain Biking</td>
<td>Go for a run</td>
<td>Go for a run</td>
<td>Go for a run</td>
<td>Go for a run</td>
<td>Go for a run</td>
<td>Go for a run</td>
</tr>
<tr>
<td>Exercise Type</td>
<td>Walking</td>
<td>Running</td>
<td>Running</td>
<td>Running</td>
<td>Running</td>
<td>Running</td>
<td>Running</td>
</tr>
</tbody>
</table>

Get Active by Orienteering

Orienteering is a sport anyone can do. It’s a mixture of cross-country walking or running, and finding your way to ‘control’ points by using a map. Each control point is marked with a number and a letter. You copy down to prove you have been there. If you know how to use a compass that will help you find your own way easily.

Courses vary in difficulty and you can try more difficult ones as you get fitter and improve your map reading.

The course shown here at Bramcote Hills Park is an easy one on good, level paths. It has 6 control points and is about 1.2 km (0.75 mile) long. The start of the course is by the information board in the car park, marked on the map by a yellow triangle. The numbered control points are marked on the map in the centre of the pink circle, with numbers by the side. The end of the course is marked by two pink concentric circles.

Copy down the letters you find at the control points in the boxes below.

Don’t like exercising alone?

It’s often more fun to work in a group and it can help you keep going! The ‘Walking the Way to Healthy’ groups walk regularly at Bramcote Hills and lots of other local parks. Their routes are led by trained volunteers, are suitable for all ages and abilities and they welcome new walkers.

Why not try another orienteering course if you enjoyed this one? Sherwood Forest, Sherwood Pines, and Repton Park all have permanent courses.

If you’d like to find out more about orienteering, visit the Nottinghamshire Orienteering Club website at: www.noc-uk.org.uk

Don’t like exercising alone?

It’s often more fun to walk in a group and it can help you keep going! The ‘Walking the Way to Healthy’ groups walk regularly at Bramcote Hills and lots of other local parks. Their routes are led by trained volunteers, are suitable for all ages and abilities and they welcome new walkers.

Why not try cycling the Nottinghamshire County Council Rural Rides Scheme? It offers something for everyone, even if you haven’t cycled for years and want to simply get out and get active, rural rides can accommodate you. Meet new people or you can participate with friends and family.

For more information on your local walking groups or rural rides contact the Greenwood Community Forest Team details on back page.
Greenwood is set in 161 square miles of west Nottinghamshire from Mansfield in the north to Nottingham in the south, and from Eastwood in the west to Farnsfield in the east. It joins historic Sherwood Forest in the northeast and curves round to Attenborough in the southwest.

With a working partnership the Community Forest is transforming the local landscape to make it a greener and healthier place to be. We are creating green spaces around towns for recreation and sport, providing new habitats for wildlife, making outdoor classrooms for environmental education and much more on the doorsteps of over a million people living in and around the towns of Nottinghamshire.

These new green spaces are right in the heart of communities and are used for informal recreation such as walking, cycling and enjoying nature. Funding for the Park Life project from Sport England via the Big Lottery Fund has meant that we can offer a programme of activity to suit groups, schools and individuals and encourage people to continue to use the sites for physical activity.

Greenwood Community Forest, 1-3 Diamond Avenue, Kirkby-in-Ashfield, Notts, NG17 7GN
Tel: 01623 758231
Email: greenwood@nottscc.gov.uk
Web: www.greenwoodforest.org.uk