

Wellness... It's a walk in the park

Signposted walks within Sunderland's parks



walk 4 life

**For further information please contact:
Sunderland Wellness Service
Tel: 0191 561 4590**

For information on other sport and physical activity opportunities, walking groups and training opportunities available in Sunderland, please visit www.sunderland.gov.uk/leisure or www.activesunderland.org.uk

For information on Sunderland Parks visit www.sunderland.gov.uk/parks
For further information on walking visit www.walkit.com or www.wfh.naturalengland.org.uk

This programme has been funded by Sunderland's Wellness Service and Communities For Health.

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Sunderland
City Council

What are the benefits of walking?

Taking part in regular physical activity provides many benefits to your health and wellbeing. These include:

- Losing weight and maintaining a healthy weight
- Lowering cholesterol levels
- Reducing high blood pressure
- Increasing strength
- Increasing flexibility
- Improving balance and co-ordination
- Strengthening bones
- Increasing stamina
- Making you feel good
- Relieving stress, promoting wellbeing and good mental health
- Bringing people and communities together

Walking is:

- Free
- Suitable for all fitness levels
- A good way to get out in the fresh air and visit our parks
- Accessible all year round

What should we be doing?

- For general health benefits, adults should achieve a total of at least 30 minutes of moderate intensity physical activity*, on 5 or more days of the week.
- For weight loss and maintenance this needs to be 60 minutes of moderate intensity activity, on 5 or more days of the week
- For children and young people, this increases to a total of 60 minutes a day

* Moderate physical activity should make you feel slightly out of breath



Measured walks

In Sunderland we now have measured walks within some of our local parks to help you meet your physical activity targets. These measured and signposted routes will help you to increase your activity levels as well as enjoying our parks all year round.

Dependant on the size of the park, routes are set to approximately 1, 2 or 3 miles in distance and most routes are suitable for walkers, runners, wheelchair users and pushchairs.

You will find our new signposted walking routes in the following Sunderland parks;

Parks with more than one walk are indicated via different coloured arrows.



Green

short route



Yellow

medium route



Red

long route

Different length walks are indicated by different coloured arrows.

Name of Park	Length of walks	Name of Park	Length of walks
Mowbray Park	1 mile	Barnes Park **	0.7, 1 & 1.1 mile
Backhouse Park *	1 mile	Princess Anne Park	1 & 2 mile
Herrington Country Park	1, 2 & 3 mile	James Steel Park	0.5 & 1.6 mile
Hetton Lyons Country Park	1 & 2 mile	Roker Park	0.8 mile
Silksworth Sports Complex	0.9 & 1.3 mile	Hylton Dene Park *	1.7 mile

* not suitable for wheelchair users

** please note Barnes Park will be closed until approximately Easter 2011

Maps of each walk are available to download by visiting the wellness page of www.sunderland.gov.uk/leisure or for a printed map pack of all walks, please contact: Physical Activity Development Officer on 0191 561 4693 or sports.leisure@sunderland.gov.uk

Ideas for walking:

- Why not try all ten parks?
- Look at the scenery and wildlife in our beautiful parks and reap the benefits to your health?
- Bring a picnic?
- Take the grandchildren on an adventure walk or nature trail?
- Time how long it takes you to walk the route and try to improve your time each time you walk?
- For more ideas visit the website: www.change4life.co.uk