

## Apps

The **ONE YOU** apps have been specially designed by the NHS to support people to get more active, give up smoking, have alcohol free days, and to have a healthier diet. All apps are free to download onto your smartphone or tablet via [www.nhs.uk/oneyou/apps](http://www.nhs.uk/oneyou/apps)

### ACTIVE 10

Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones.

### NHS SMOKEFREE

Start a four-week programme that puts practical support, encouragement, milestones and tailored advice in the palm of your hand.

### DRINK FREE DAYS

Feel healthier, lose weight and save money. Just pick your days to skip alcohol and get practical support to stick with it.

### COUCH TO 5K

Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions.

### EASY MEALS

More than 150 delicious, easy, healthier recipes just a tap away. Search by mealtime and save shopping lists for later.

in partnership



# Nottinghamshire Health Walks



St George's Medical Practice  
and West Bridgford  
Medical Centre

Walk distance  
1.9 miles

Route

1



D&P/04\_21/8526a

St George's Medical Practice

W [sgmp.nhs.uk](http://sgmp.nhs.uk)  
T 0115 914 3200

West Bridgford Medical Centre

W [westbridgfordmedicalcentre.nhs.uk](http://westbridgfordmedicalcentre.nhs.uk)  
T 0115 883 7380

W [nottinghamshire.gov.uk/rightsofway](http://nottinghamshire.gov.uk/rightsofway)  
E [countryside.access@nottscc.gov.uk](mailto:countryside.access@nottscc.gov.uk)



For more walking routes  
and places to go please visit  
[www.nottinghamshire.gov.uk/walking](http://www.nottinghamshire.gov.uk/walking)

 Nottinghamshire  
County Council

 [facebook.com/nottinghamshire](https://facebook.com/nottinghamshire)

 @NottsCC

 Nottinghamshire  
County Council

## Route 1

# West Bridgford Town Centre

This is a perfect way to start walking for health, if you have been inactive for a while, or if you are recovering from an injury or illness. This walk will take around half an hour to one hour at a steady and relaxed pace. Most of the walk is on surfaced paths that are flat and even, although there are a few gentle gradients along the way. The route is wheelchair and pushchair friendly. If you have any questions, please contact your GP for health advice.

This walk is aimed at encouraging people to have some gentle exercise and to keep fit and healthy. Nottinghamshire County Council is working in partnership with both St George's and West Bridgford Medical Practice to encourage patients to walk or do gentle exercise through referrals.

Research shows that walking and being physically active can boost self-esteem, mood, sleep quality and energy levels, as well as reducing the risk of stress, depression and many long-term conditions.

This self-guided walk is suitable for all ages and abilities. Whether you are looking for a gentle stroll or something a little more energetic, there is something to tempt everyone to get out and about and enjoy beautiful Nottinghamshire.

**Distance:** 1.9 miles

**Duration:** 30 mins to 1 hour

**Target Audience:** For all ages.  
Wheelchair and pushchair friendly.



West Bridgford Park



Enjoy a steady stroll around the centre of West Bridgford. You will be able to see the grounds of St Giles' Church, a hidden gem in West Bridgford, with its attractive and ornate architecture. There are lots of cafes and restaurants where you can grab a bite to eat and a drink while walking through the town centre. As you walk through West Bridgford Park enjoy the open space and nature spots. You can also keep an eye out for local wildlife.