

## 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.

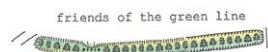
### COUCH TO 5K

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



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://www.facebook.com/nottinghamshire)

 [@NottsCC](https://twitter.com/NottsCC)

**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)

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# Nottinghamshire Health Walks



St George's Medical Practice  
and West Bridgford  
Medical Centre

Walk distance  
2.4 miles

Route

3

 **Nottinghamshire County Council**

## Route 3

# The Green Line

This route will take around 45 minutes to an hour and a half at a steady and relaxed pace. Most of this circular walk is on surfaced paths that are flat and even, although there are a few gentle gradients along the way. There are some steps on this route, so part of the walk may not be suitable for wheelchairs and pushchairs. 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, as well as reducing the risk of stress, depression and many long-term conditions.

For more information about the history of the Green Line please visit [www.greenlineconservation.com](http://www.greenlineconservation.com)

**Distance:** 2.4 miles

**Duration:** 1 hour

**Target Audience:** For all ages.

Part of the route is not suitable for wheelchair and pushchair users.

### Health benefits

Reducing high blood pressure and helping control body weight.



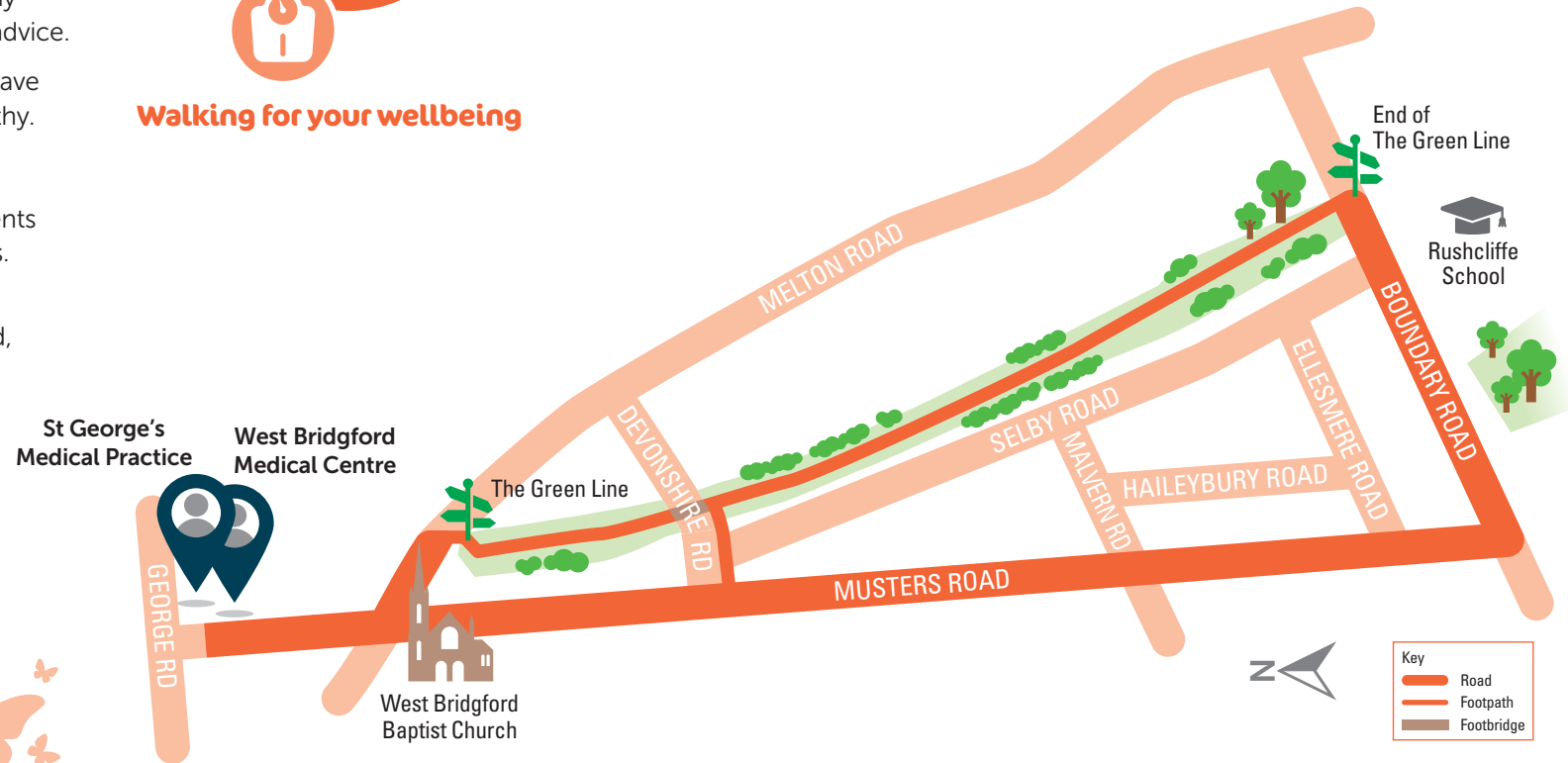
### Walking for your wellbeing



Entrance to the Green Line



The Green Line



Step into history and walk along the Green Line, originally part of the Midland Railway to Melton Mowbray and onwards to London St Pancras. The old railway line now provides a green corridor through busy West Bridgford, a haven for wildlife with a peaceful footpath leading through it. There are great views towards the city and locally of West Bridgford.