

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

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.



For more walking routes and places to go please visit www.nottinghamshire.gov.uk/walking

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
4.7 miles

Route

4

St George's Medical Practice

W sgmp.nhs.uk
T 0115 914 3200

West Bridgford Medical Centre

W westbridgfordmedicalcentre.nhs.uk
T 0115 883 7380

W nottinghamshire.gov.uk/rightsofway
E countryside.access@nottscc.gov.uk

D&P/04_21/8526d

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County Council

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County Council

Route 4

Sharphill Wood

This walk is for more experienced walkers, who are confident in walking on different levels, with some uneven paths. It should take around 90 minutes to 2 hours.

You will encounter relatively rough and steep terrain at certain points of the route. Some sections can become muddy and slippery, depending on the weather, so please be cautious. This route is not suitable for pushchairs and wheelchairs. 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.

Distance: 4.7 miles

Duration: 1½ - 2 hours

Target Audience: For all ages who are more comfortable with an uneven terrain. Part of the route is not suitable for wheelchair and pushchair users.



Health benefits

Lowering the risk of heart attack and stroke.



Walking for your wellbeing

You may be able to spot some local wildlife around Sharphill Woods, one of the closest areas of countryside to the City Centre, on the edge of West Bridgford. You will be able to admire the view looking towards Nottingham, and you should be able to see Green's Windmill and Nottingham Castle.