

How will I start to lose weight?

This depends on what you eat. To start losing weight you need to be burning more calories than you eat (with regular exercise). When you start an exercise programme the mixture of muscle and fat in your body starts to change. This may mean you won't lose weight straight away, but your body is adjusting and becoming better at using fat for energy.

How much weight will I lose?

This depends on your diet and consistency. 11lb (½kg) a week is healthy and more likely to be permanent. This seems slow, but it is actually 52lbs each year - be realistic, consistent and patient.

What else can walking do for me?

30 minutes of walking a day can have a positive effect on your blood pressure, cholesterol, diabetes, osteoarthritis, stress, anxiety and depression as well as lowering the risk of coronary heart disease, strokes and some cancers.

Walk Instruction and safety:

- Wear comfortable clothing and shoes.
- Try to walk in pairs where it is possible.
- Mobile phones: it is always useful to carry a mobile phone while out walking.
- Medication/ food/ Drink if required.
- Tell somebody where you are going.
- Eat after the walk (to maximise benefits, unless otherwise instructed by a Doctor or Health Professional).

Here's how you can lose those extra pounds!

Did you know that you could lose those extra pounds by walking in your lunch hour? It's as easy as this - 30 minutes for 5 days a week.

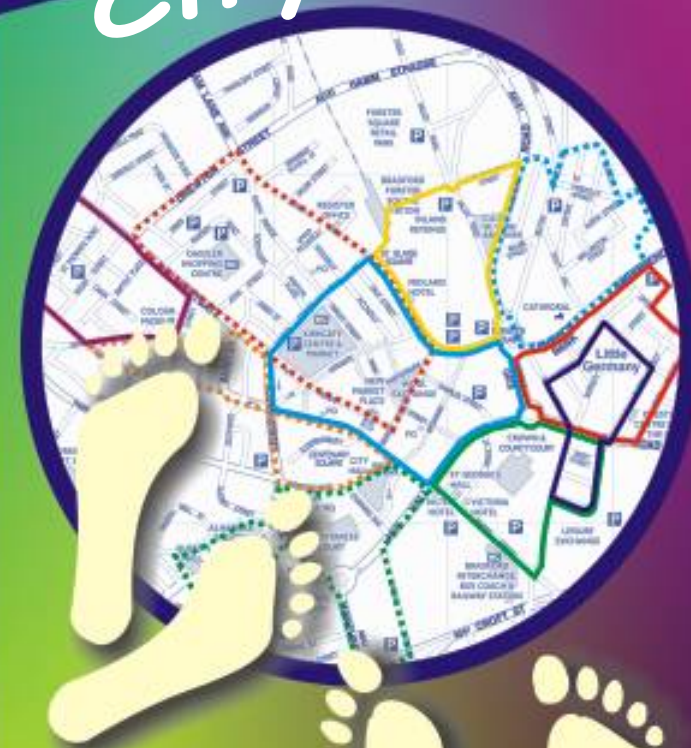
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Bradford and Airedale 
Teaching Primary Care Trust



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and www.phn-bradford.nhs.uk

WALKING FOR HEALTH IN BRADFORD City Centre



10 Short Walks
designed to fit into
your lifestyle

Will Walking help me to lose weight?

Yes, if you do it regularly. 30 minutes of walking uses roughly the same number of calories as 15 minutes of jogging.

How much walking should I do?

Anything is better than nothing, but aim to build up to at least 30 minutes a day (at least 5 days a week). If you do more than this, you will burn more calories and increase the chance of losing more weight.

That's a lot, I'm not very fit and don't have much time.

2 or 3 short walks throughout the day is an effective way of building up to 30 minutes. (Walking the dog, walking at lunchtime or to work, taking the kids to school, walking to the shops instead of using the car etc).

How fast should I go?

You should be warm and slightly breathless, but still able to talk comfortably. For those who are less fit this will be a slower pace than for those who are fitter. As long as you are moderately breathless the effect will be beneficial.



Route/Walk	Kcals	Time
White Abbey	100	10 minutes
St Blaise Square	150	15 minutes
Needle	170	20 minutes
Design Exchange	100	10 minutes
St Georges	140	15 minutes
West End	230	20 minutes
Paper Hall	120	10 minutes
Merchants Quarters	120	10 minutes
Colour Museum	160	20 minutes
Priestly	170	15 minutes

These are estimates based on a woman aged 30 weighing 10 stone

If you are heavier, or new to exercise, then the number of calories you use on these routes may well be higher. Use the guide as a **rough approximation**, and aim to gradually increase to at least 300kcal (½ hour moderate walking), at least 5 times a week.