

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.

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
2.8 miles

Route

3



D&P/04_21/8526c

 Nottinghamshire
County Council

 facebook.com/nottinghamshire

 @NottsCC

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

 Nottinghamshire
County Council

Route 3

The Green Line and River Trent

This walk will take around an hour and a half to one hour 45 minutes. Most of this circular walk is on flat surfaced paths, with some parts on grassed surfaces. 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 being 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.



Wilford Suspension Bridge

Health benefits

Lowering the risk of certain types of cancer and reducing diabetes.

Walking for your wellbeing

It's a pleasure to walk near Trent Bridge and look out over the river at your leisure. This route is near to the international Cricket Ground which draws thousands of visitors every year.

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.



Distance: 2.8 miles

Duration: 1 hour and 45mins

Target Audience: For all ages.

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