

Look inside for more ideas about Getting Active at Bramcote Hills Park

Want to walk somewhere else in Greenwood, Nottinghamshire's Community Forest? A series of free walk cards with maps are available, showing many other sites where you can get Active.

- A Step Forward – Walking your Way to Health in Greenwood, Sherwood and Beyond
- Break Free Greenwood Walks
- Break Free Greenwood Walks 2

For more details or to request a walking pack, simply contact the Greenwood Partnership. Contact details on the back page.

Keep a diary of your walks, time how long it takes you and try to increase your speed each time. Alternate gentle walking with short stretches of brisk walking, gradually increasing the time you spend walking more quickly, as you get fitter.

The Nottingham Canal Trail (14 km, 8.7 miles) along the disused Nottingham Canal is easily accessible from Stapleford Hill and the Hemlock Stone. The walk connects Wollaton with Coventry Lane to the east, Trowell and Langley Mill to the west and is also suitable for cycling. An optional return along the Frewash Canal makes a round trip of 27.3km, 17 miles.

Longer Walking Routes Starting from the Park

This route includes steep gradients, many steps and rough woodland paths. It is suitable for those who are relatively fit.

The Parkland Route – (1.25 km, 3/4 mile) Follow markers with blue bands and allow 30-40 mins. This is a flat and easy walk on surfaced paths with plenty of benches for resting. A good walk to start with if you are unfit, as there are no steep gradients, stiles or gates to go through.

Walking Routes at Bramcote Hills Park

The Woodland Walk (1.5 km, 1 mile) Follow markers with green bands and allow 7/4 hour.

The Robin Hood Way (168 km, 105 miles) of 27.3km, 17 miles.

Getting Active in Greenwood

Always start your fitness session with a gentle walk before starting the trim trail. Warm up your muscles to avoid injuries and gradually build up speed until you are walking briskly. Stop now and again to do the exercises doing 4-6 repetitions of each at first, gradually increasing as you improve your fitness and strength. Towards the end of your trail, walk more slowly before beginning your cooling-down exercises. You could time yourself each time you complete the trail and try to improve on it next time.

Check with a doctor before you start an exercise programme or use this Trim Trail for the first time. If you join an exercise class at your local leisure centre you can learn how to do the exercises properly to get the most out of them and avoid injury.

A Trim Trail is set out in the Park. The map of the trail can be found near to the information board near the car park. The trail has the following equipment, each section with simple instructions on how to use it.

Bramcote Hills Park Trim Trail

- 1 chinning bars
- 2 balance beam
- 3 stride jumps
- 4 log hops
- 5 horizontal bar
- 6 gate
- 7 step ups
- 8 leap frogs
- 9 parallel bars
- 10 inclined press-ups
- 11 bench sit ups



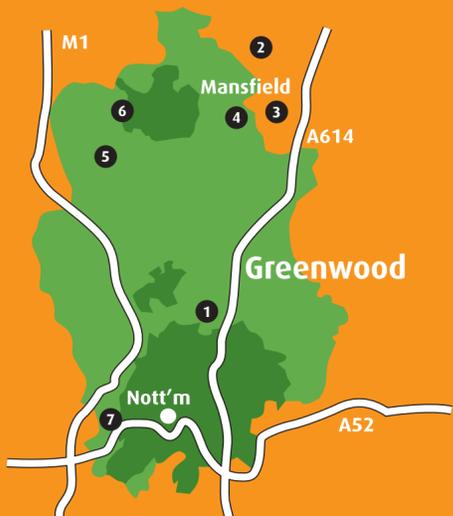
Cycling is a great way to get active and many safe routes are well signed from Bramcote Hills Park, including Stapleford, Billborough and Beeston. It's a good starting point for a longer cycle ride to Wollaton Park (2.5km, 1.5 miles), Attenborough Nature Reserve (4km, 2.5 miles) or Nottingham city centre (8km, 5miles). Start with a short ride at first and gradually build up to 30 minutes cycling 4 or 5 times a week.

When you're really fit, you could ride as far as Bestwood Country Park, Newstead, Sherwood Pines Forest Park, Vicar Water Country Park, Sherwood Forest Country Park or even Clumber Park, following the Sustrans National Cycle Route 6, (Dover to Inverness route)

Nottinghamshire County Council produces a booklet called 'Cycling in Nottinghamshire' or go to www.nottinghamshire.gov.uk (Tel 0115 977 4585) or www.sustrans.org.uk (Tel 0117 929 0888) for more information.

Cycle Routes from Bramcote Hills Park

Greenwood Community Forest



Park Life Activity Sites

- 1 Bestwood Country Park
- 2 Sherwood Forest Country Park
- 3 Sherwood Pines Forest Park
- 4 Vicar Water Country Park
- 5 Kings Mill Reservoir
- 6 Bull Farm Park
- 7 Bramcote Hills Park

Greenwood is set in 161 square miles of west Nottinghamshire from Mansfield in the north to Nottingham in the south, and from Eastwood in the west to Farnfield in the east. It joins historic Sherwood Forest in the northeast and curves round to Attenborough in the southwest.

With a working partnership the Community Forest is transforming the local landscape to make it a greener and healthier place to be. We are creating green spaces around towns for recreation and sport, providing new habitats for wildlife, making outdoor classrooms for environmental education and much more on the doorsteps of over a million people living in and around the towns of Nottinghamshire.

These new green spaces are right in the heart of communities and are used for informal recreation such as walking, cycling and enjoying nature. Funding for the Park Life project from Sport England via the Big Lottery Fund has meant that we can offer a programme of activity to suit groups, schools and individuals and encourage people to continue to use the sites for physical activity.

Greenwood Community Forest, 1-3 Diamond Avenue, Kirby-in-Ashfield, Notts, NG17 7GN

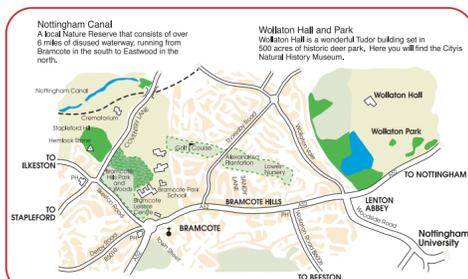
Tel: 01623 758231
Email: greenwood@nottscc.gov.uk
Web: www.greenwoodforest.org.uk

Getting Active will...

- lower your blood pressure
- control your weight
- help you stop smoking
- strengthen your heart and lungs
- lower your cholesterol level
- help you cope with pain
- relax your mind, aid your sleep
- improve your mood and help you concentrate
- make your bones stronger
- make your whole body work better



Bramcote Hills Park - How to Find Us



Bramcote Hills Park
The main (free) car park is off Ilkeston Road, Bramcote, or at Bramcote Leisure Centre off the A52 where there are also toilets.

Tel: 0115 917 7777
www.broxtowe.gov.uk
Email: tws@broxtowe.gov.uk

Directorate of Technical and Works Services
Council Offices, Foster Avenue, Beeston
Nottingham NG9 1AB

Travel Hotline Tel: 0870 6082608

at Bramcote Hills Park



Prepare to Get Active

1 Wear sensible shoes or walking boots. Wear comfortable clothing to suit the weather and an extra top at the start, so you can remove clothing as you warm up. Never exercise when you are ill or if you have a cold, and stop if you start to feel unwell, dizzy or so breathless you can't talk.

2 Warm up first with exercises, then start with a gentle pace for 2-5 minutes, gradually increase the pace and the length of accelerated exercise, and decrease the amount of slower paced exercise. After 4 weeks or so, you are aiming for a ten minute increased exercise period within each 30 minute workout, 5 times a week. You can increase this as you get fitter. Slow down to a minimum pace when you're 5 minutes away from being back to the start, to cool down again, and do some stretching exercises to help prevent injury and strains.

3 Fill in the diary to show how you've improved and set yourself new targets as you work your way to fitness.

4 If you are cycling for the first time, **make sure your bike is the right size and roadworthy;** call in at your local cycle shop for a bike check. Begin riding somewhere quiet, away from main roads and wear bright or reflective clothing and a helmet. Gradually work up to longer and more frequent rides.

Exercising in the Park

You don't need special equipment to get fit in the park. Just use the things you find there to help you create your own fitness trail. Benches can be used for many stretching and strengthening exercises.

Always check with a doctor before you start an exercise programme. The exercises shown here are examples of how you could use a simple park bench during your 30 minute routine at the park. If you are not sure how to do the exercises shown, join an exercise class at your local Leisure Centre and learn how to do them properly.

Read 'Prepare To Get Active' to find out when to fit the stretches into your routine to help benefit your flexibility and to prevent muscle strains.

Abs = Stomach Muscles

Exercise 1: Front Raise, Overhead Press and Bicep Curl



Front Raise: Sit on bench, abs in and spine straight. Hold water bottle in right hand and raise arm up to shoulder level. Hold 2 seconds and repeat other side.



Overhead Press: Hold water bottle in right hand, elbow bent, and extend arm overhead. Repeat other side.



Bicep Curl: Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder. Repeat other side.

Exercise 2: Leg Extension, Hip Flexion and Inner Thigh



Leg Extension: Sit on bench, abs in. Extend left leg until level with hip. Hold for 2 seconds, repeat other side.



Hip Flexion: Sitting on bench, lift left foot off the floor a few inches, knee bent. Hold for 2 seconds and repeat other side.



Inner Thigh: Place full water bottle between knees and, keeping abs in, squeeze bottle gently. Repeat.

Exercise 3: Bench Squat and Tricep Dips



Bench Squat: Periodically while sitting, lift your bottom off the seat and hover over bench for 2-3 seconds. Stand up and repeat.



Dips: Make sure bench is stable and place hands next to hips. Move hips in front of bench and bend elbows, lowering body until elbows are at 90 degrees. Repeat.

Exercise 4: Standing Leg Exercises



Standing Hip Flexion: Stand with abs in, spine straight. Lift leg up until level with hip. Hold for 2 seconds, repeat other side.



Leg Lift: In same starting position as left, lift left leg straight out to the side a few inches off the floor. Hold for 2 seconds, repeat on the other side.

Exercise 5: Stretches for Your Wrists and Arms



Wrist Stretch: Extend arm in front, palm up and grab fingers with other hand. Gently pull hand down to stretch the forearm. Repeat other side.



Wrist & Forearm: Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left.

Exercise 6: Abs (stomach muscles)



Abs: Sit on the edge of bench, arms extending in front. Keeping back straight, contract the abs and slowly lower torso towards back of bench. Hold for 2-3 seconds and repeat.



Curls: Cross arms over chest and sit up straight. Contract abs and curl shoulder towards hips, pulling abs in. Hold for 2 seconds and repeat.

4 Week Log

Start week 1 by recording your normal daily exercise from walking the dogs to digging your garden. The aim of the log is to help you achieve the recommended 30 minutes exercise five times a week. Make sure you read 'Prepare To Get Active' before starting and follow the basic instructions for what your 30 minute sessions should include.

Below is an example of a typical routine:

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Routine	Walk the dog		Take the lift at work			Kids visit park on bikes	
Goal	Minimum 30mins		Take the stairs			Go with kids & do a cycle route	
Exercise Type	Walking		Aerobic exercise			Cycling	

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Normal Routine							
Goal							
Exercise Type							

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 2							
Goal							
Exercise Type							

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 3							
Goal							
Exercise Type							

Get Active by Orienteering

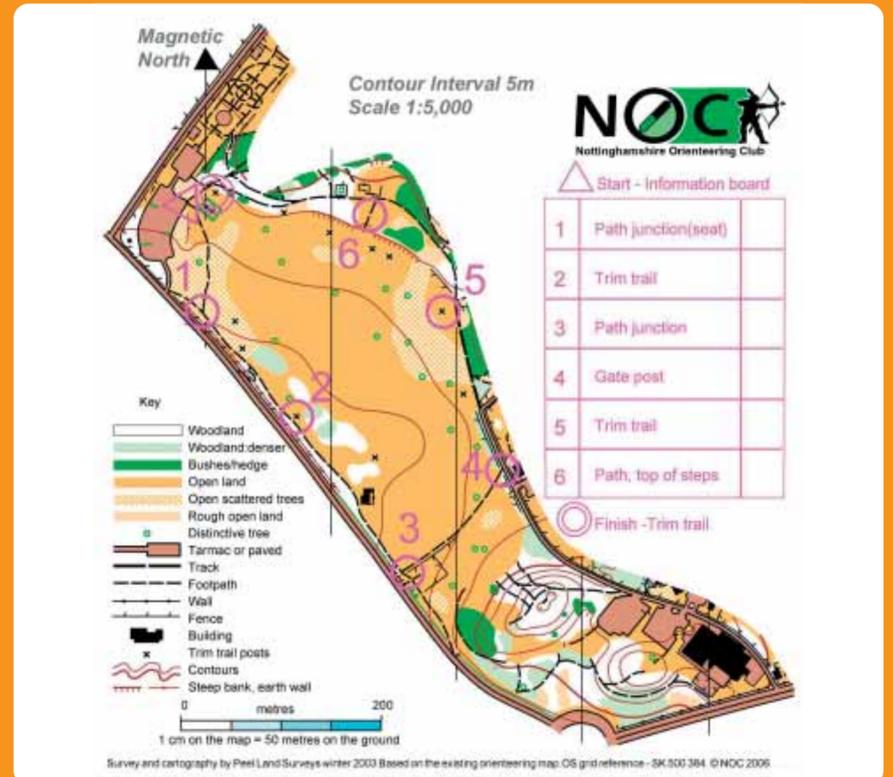
Orienteering is a sport anyone can do. It's a mixture of cross-country walking or running, and finding your way to 'control' points by using a map. Each control point is marked with its number and a letter you copy down to prove you've been there. If you know how to use a compass that will help you find your way more easily.

Courses vary in difficulty and you can try more difficult ones as you get fitter and improve your map-reading.

The course shown here at Bramcote Hills Park is an easy one on good, level paths. It has 6 control points and is about 1.2 km (3/4 mile) long.

The start of the course is by the information board in the car park, marked on the map by a pink triangle. The numbered control points are marked on the map in the centre of the pink circle, with numbers by the side. The end of the course is marked by two pink concentric circles.

Copy down the letters you find at the control points in the boxes below



Why not try another orienteering course if you enjoyed this one? Sherwood Forest, Sherwood Pines, and Bestwood Country Park all have permanent courses.

If you'd like to find out more about orienteering, visit the Nottinghamshire Orienteering Club website at www.noc-uk.org.uk

Don't like exercising alone?

It's often more fun to walk in a group and it can help you keep going! The 'Walking the Way to Health' groups walk regularly at Bramcote Hills and lots of other local parks. Their routes are led by trained volunteers, are suitable for all ages and abilities and they welcome new walkers.

Why not try cycling the Nottinghamshire County Council Rural Rides Scheme? It offers something for everyone, even if you haven't cycled for years and want to simply get out and get active, rural rides can accommodate you. Meet new people or you can participate with friends and family.

For more information on your local walking groups or rural rides contact the Greenwood Community Forest Team details on back page.