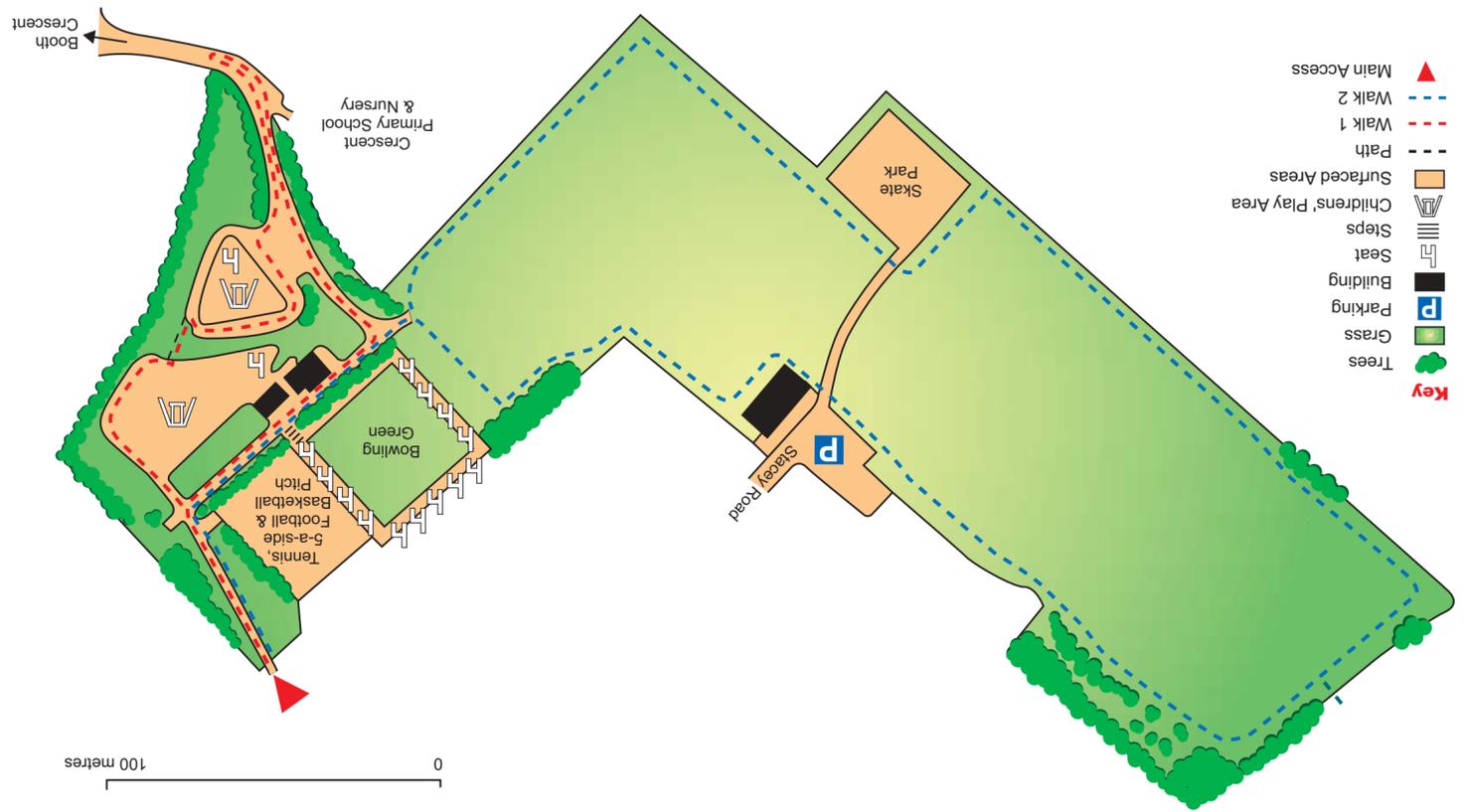


Want to walk somewhere else in Greenwood, Nottinghamshire's Community Forest? A series of free walks cards are available, showing many other sites where you can get Active.

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

### Getting Active in Greenwood



**Basketball**  
Basketball is a high-speed game, and develops good aerobic fitness, co-ordination, leg strength and power. All team sports help to develop communication with others and the ability to work together. If you start getting active as part of a team, it will help you going and be more fun too!

**Tennis**  
Tennis is a stop-start type of exercise, where periods of running are separated by short rests. It also develops upper body strength, endurance and co-ordination.

**Football**  
Football involves short bursts of running with periods of walking or jogging. It helps develop good co-ordination and endurance. 5-a-side football can be faster and needs more aerobic fitness, but doesn't last as long.

**Bowls/Boccia**  
Bowling or Boccia (like the French game of boules) is good general exercise and helps maintain or improve flexibility.

**Tennis**  
Tennis is a stop-start type of exercise, where periods of running are separated by short rests. It also develops upper body strength, endurance and co-ordination.

**Football**  
Football involves short bursts of running with periods of walking or jogging. It helps develop good co-ordination and endurance. 5-a-side football can be faster and needs more aerobic fitness, but doesn't last as long.

### Sports at Bull Farm Park

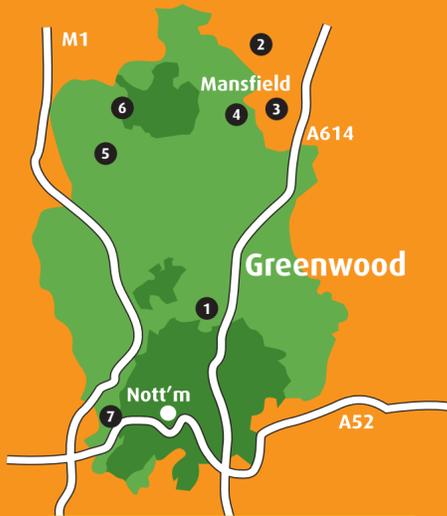
**Walk 1** (600m, 425 yds)  
This is a gentle walk on surfaced paths with plenty of benches for resting. A good walk to start with if you are unfit.

**Walk 2** (1.2km, 3/4 mile)  
This walk takes you round the whole park on surfaced paths and across the fields, which can be muddy at times. Keep to the edges of the fields and don't be tempted to cut the corners! You could start by strolling gently and increase your speed as you get fitter. Time yourself and try to improve your time each time you do the walk.

**Cycling**  
Nottinghamshire County Council produces a booklet called 'Cycling in Nottinghamshire' or go to [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) (Tel 0115 977 4585) or [www.sustrans.org.uk](http://www.sustrans.org.uk) (Tel 0117 929 0888) for more information. Start with a short ride at first and gradually build up to 30 minutes cycling, 4 or 5 times a week.

### Walking and Cycling at Bull Farm 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 Farnsfield 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](mailto:greenwood@nottscc.gov.uk)  
Web: [www.greenwoodforest.org.uk](http://www.greenwoodforest.org.uk)

## Getting Active in Greenwood Community Forest

#### Getting Active will...

- lower your blood pressure
- control your weight
- 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



## Bull Farm Park - How to Find Us

Bull Farm Park is managed by; Mansfield District Council, Civic Centre, Chesterfield Road South, Mansfield NG19 7BH.

Tel: 01623 463463  
[www.mansfield.gov.uk](http://www.mansfield.gov.uk)  
Email: [mdc@mansfield.gov.uk](mailto:mdc@mansfield.gov.uk)

For bus services ring the Travel Hotline  
Tel: 0870 6082608

Ordnance Survey Reference: SK517628  
Landranger Sheet: 120

Bull Farm Park is a small local park serving its local community, and has no visitor facilities. There are one or two car parking spaces at the end of Stacey Road. There is also pedestrian access from Stacey Road, Peel Crescent or Booth Crescent near the Crescent Primary School and Nursery.

## at Bull Farm 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.

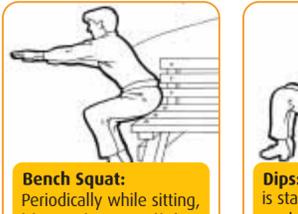


**Hip Flexion:** Sitting on bench, lift left foot off the floor a few inches, knee bent. Hold for 2 seconds and repeat other side.

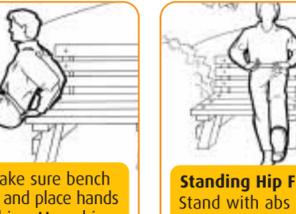


**Inner Thigh:** Place full water bottle between knees and, keeping abs in, squeeze bottle gently. Repeat.

#### Exercise 3: Bench Squat and Tricep Dips

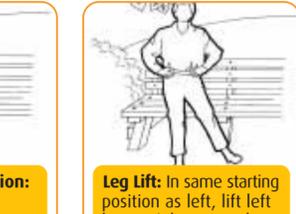


**Bench Squat:** Periodically while sitting, lift your bottom off the seat and hover over bench for 2-3 seconds. Stand up and repeat.



**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.

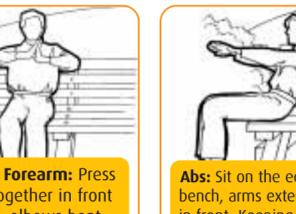


**Leg Lift:** In same starting position as left, lift left leg straight out to the side a few inches off the floor. Hold for 2 seconds, repeat on the other side.

#### Exercise 5: Stretches for Your Wrists and Arms

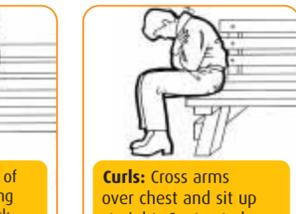


**Wrist Stretch:** Extend arm in front, palm up and grab fingers with other hand. Gently pull hand down to stretch the forearm. Repeat other side.

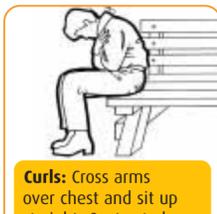


**Wrist & Forearm:** Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left.

#### 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
<b>Week 1</b>							
Normal Routine							
Goal							
Exercise Type							
<b>Week 2</b>							
Goal							
Exercise Type							
<b>Week 3</b>							
Goal							
Exercise Type							

## Get Active by Orienteering

Orienteering is a sport anyone can do. It's a mixture of cross-country running (or walking), and finding your way to 'control' points by using a map. 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.

Bull Farm's course is a very easy course, on level, surfaced paths and suitable for even young children. It's a type of orienteering called 'Puzzle 0', where you have to answer a question at each of the 6 control points to prove you've been there. Write down your answers in the boxes below and add them up at the end to give a final number. (Answers are at the bottom of this page - no cheating!)

Scale 1:1,500  
Magnetic North

Survey and Cartography by Alan Beardley March 2006. Based on the Ordnance Survey mapping

**Copy down the letters you find at the control points in these boxes**

△ Start - path

1	Tree	How many holly trees are there in the area?
2	Board	How many games are played here?
3	Gate Post	How many swings in front of you?
4	Play Equipment	How many wooden steps up?
5	Bench	How many red metal circles make the rocket?
6	Pavilion	How many wooden supports for the veranda roof?

○ Finish - wall

The start of the course is at the entrance to the park marked on the map by a pink triangle. The numbered control points are marked on the map at the centre of a pink circle, with a number by the side. The end of the course is marked by two pink concentric circles.

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](http://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! There are 'Walking the Way to Health' groups that walk regularly at parks & country park sites across Mansfield and other local areas. Their routes are led by trained volunteers, are suitable for all ages and abilities and they welcome new walkers.

**For more information on your local walking groups please contact the Greenwood Community Forest team using the details on the back page.**