

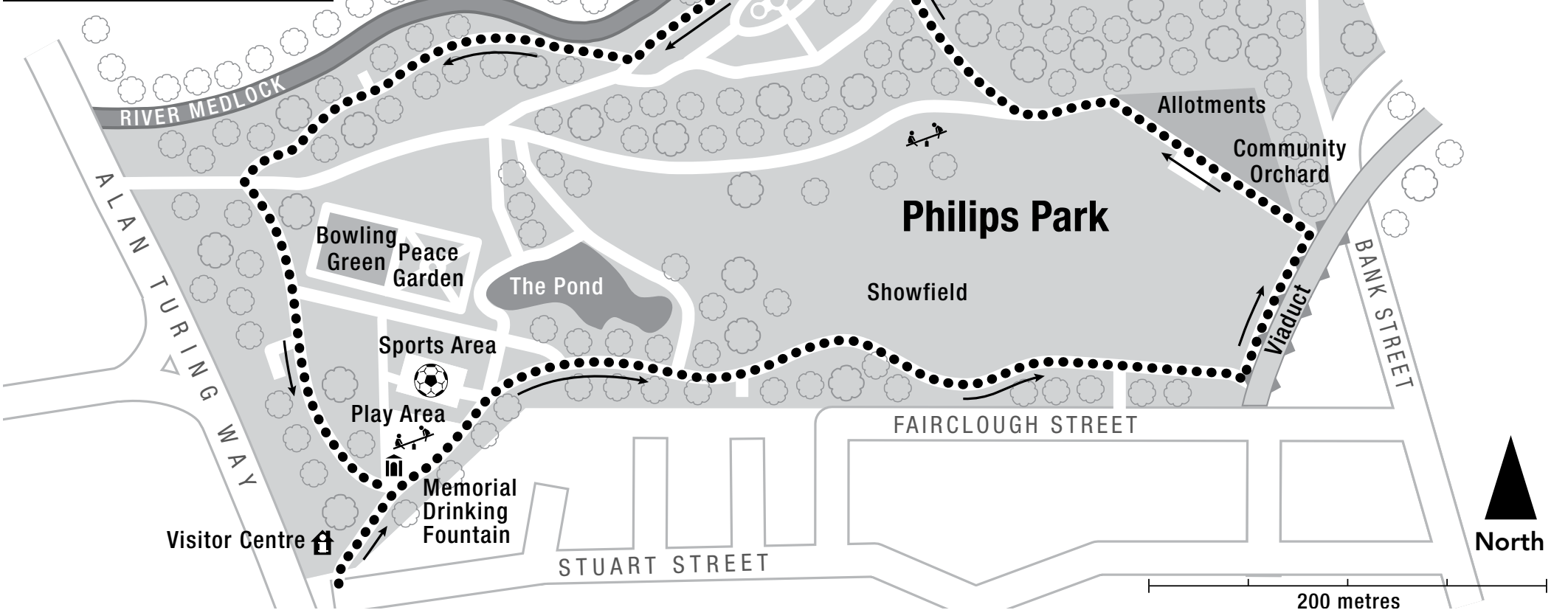
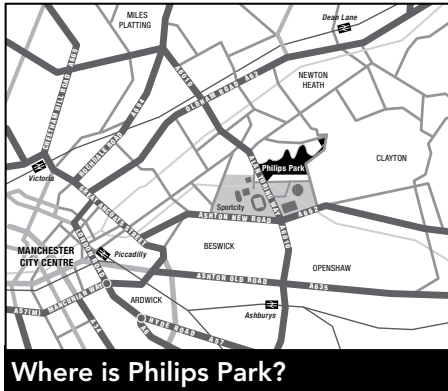


PHILIPS PARK

Health Walk 3

25 mins approx

●●●●● Walking route





Information

Visitor Centre

Located at the entrance on Stuart Street, open 9am – 5pm.

Main Entrances

- Stuart Street via Manchester Velodrome
- Fairclough Street off Bank Street

Arriving By Bus

- From Manchester City Centre: the **217** and **218** buses (Manchester to Tameside General Hospital) stop on Alan Turing Way near the park.
- Other services include the **53** (Cheetham Hill to Old Trafford), the **54** (Cheetham to the Trafford Centre) and the **185** (Sportcity to North Manchester General Hospital).
- Visit www.gmpete.com for bus times.

Arriving By Car

Car parking is available at the nearby Manchester Velodrome.

For more information telephone 0161 231 3090, or visit the website at www.philipspark.org.uk

Walking for Health

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of well-being!

Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke, non-insulin dependent diabetes, osteoarthritis and certain cancers
- Enhance mental well-being and help combat depression
- Help to control body weight
- Lower blood pressure and reduce high cholesterol
- Help flexibility and co-ordination

Walking is free, fun, sociable and anyone can do it, anywhere and at any time. You can walk on your own, with your family or friends. It's much more convenient and flexible than going to the gym. It's a cheap and pollution-free alternative to the car on short trips. It's natural and safe, with a low risk of injury. It's also a great exercise for children and an excellent way to explore your local area.

For general health, experts recommend walking briskly for at least 30 minutes on at least five days a week. You can even divide the 30 minutes up into two or

three shorter sessions if you prefer. And the more you do, the more you benefit.

To walk briskly, imagine you're hurrying to a meeting. Your heart should beat faster than normal without racing, you should feel slightly warmer and breathe more deeply but you should still be able to talk while you walk.

Walking Tips

- Wear loose fitting, comfortable clothes and sturdy, comfortable shoes
- Several thin layers of clothing are better than one thick layer - you can take off layers as you warm up, or add them if you get cold
- Wear a hat: it keeps you warm in winter and protects your head in summer
- Wear gloves if it's cold – it's difficult to walk briskly with hands in pockets
- Wear sunblock if you're going to be outdoors for any length of time
- Take some water, and some food too if you're going on a longer walk
- A small backpack is more comfortable to walk with than an ordinary bag – it leaves your arms free
- Swing your arms – they'll help you walk briskly
- If you're unsure of your abilities, try a shorter route first
- Know where you are going – take a map or leaflet

- Be prepared to change your route if you feel unsafe for any reason
- If you're on your own, take a mobile phone and/or make sure someone knows where you've gone and when you expect to be back

If you are new to walking, uncertain about finding your way, don't feel confident about going out on your own or just want some company, you could walk with a group led by an experienced walk leader. There are many walking groups offering regular led walks in Manchester. Contact the Philips Park Wardens or visit the website for more information.

The information on this page has been kindly provided by the Ramblers' Association - Britain's biggest charity working to promote walking and to improve conditions for all walkers. For more information visit www.ramblers.org.uk/firststeps, or telephone **020 7339 8500** and ask for a free 'Take30' booklet.

