



We all know how important it is to keep active. **Walking** is a great choice as it's simple, free and one of the easiest ways to become healthier.

DID YOU KNOW?

Walking can help:

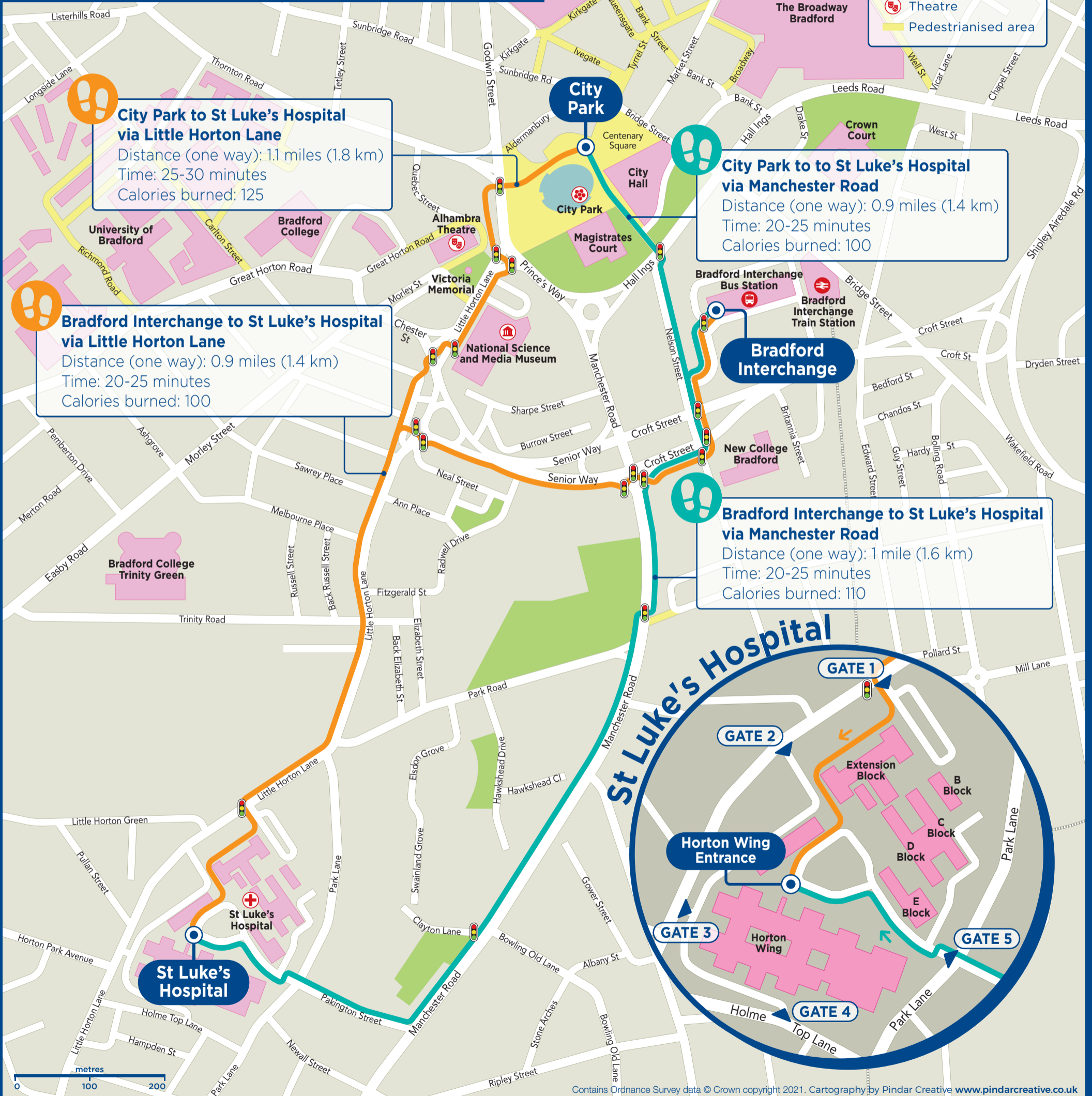
- Encourage mobility and reduce the risk of falls
- Improve heart health and blood pressure
- Burn calories and increase your metabolism
- Improve conditioning, muscle tone and strength

Speak to your GP first if you have not exercised for some time or you have medical conditions or concerns.

St Luke's Hospital Walking Routes

Key

- Walking routes
- Crossing point
- Railway station
- Bus station
- Hospital
- Park
- Museum
- Theatre
- Pedestrianised area



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All routes shown use publicly accessible footways, are advisory only, and cross busy roads where traffic is likely to be encountered. Appropriate care should be taken. All routes are followed at your own risk. Bradford Teaching Hospitals NHS Foundation Trust, Travel Plan Network a project led by Leeds City Region Enterprise Partnership (LEP), and Living Streets accept no responsibility for any accidents or injury which occur as a result of following these routes.

The walking time and number of calories burned for each route is intended as a guide only and will depend on other factors, such as your age, gender and walking speed.

