

A Weight off your Mind health walks

Northgate Park

A Weight off your Mind (AWOYM)

AWOYM is a regional healthy weight management plan supported by the Trust. The plan aims to support those with lived experience of serious mental illness and/ or learning disability, and staff, to achieve a healthy weight and lifestyle. As part of this plan, we have devised health walks with the aim of increasing opportunities for you to become more active.

Recommendations for physical activity

To gain the most benefit from physical activity, national guidelines recommend completing 150+ minutes of moderate intensity, aerobic activity (walking, swimming, jogging) and at least 2 sessions of resistance activities (weight training, yoga, Pilates) per week.

During moderate intensity activity you should:

- be breathing heavier and beginning to sweat
- feel your heart beating faster
- be able to hold a conversation but not sing



A journey of a thousand miles begins with a single step
- Lao Tsu

Remember any activity is better than no activity. Exercise is like medication, not everyone is on the same dose, so start at a duration and intensity that suits your current fitness levels, you can always increase them as you improve.

You should always check with your GP or health professional before starting any exercise routine to ensure it is safe for you.

Tips to maintaining an active lifestyle

- set realistic goals and targets
- track your progress (use a diary or technology)
- have a training partner(s)

Find a local walk near you

www.visitnorthumberland.com/explore/things-to-do/activities/walking-hiking

Visit the 'A Weight off your Mind' website to discover other physical activity opportunities in your area: www.cntw.nhs.uk/awoym

Reference: PHE 19 July 2016 – Health matters; getting every adult active every day.

Northgate Park health walk map

This route is 1.93km or 1.19 miles in distance (14m elevation).

Guide for completion times

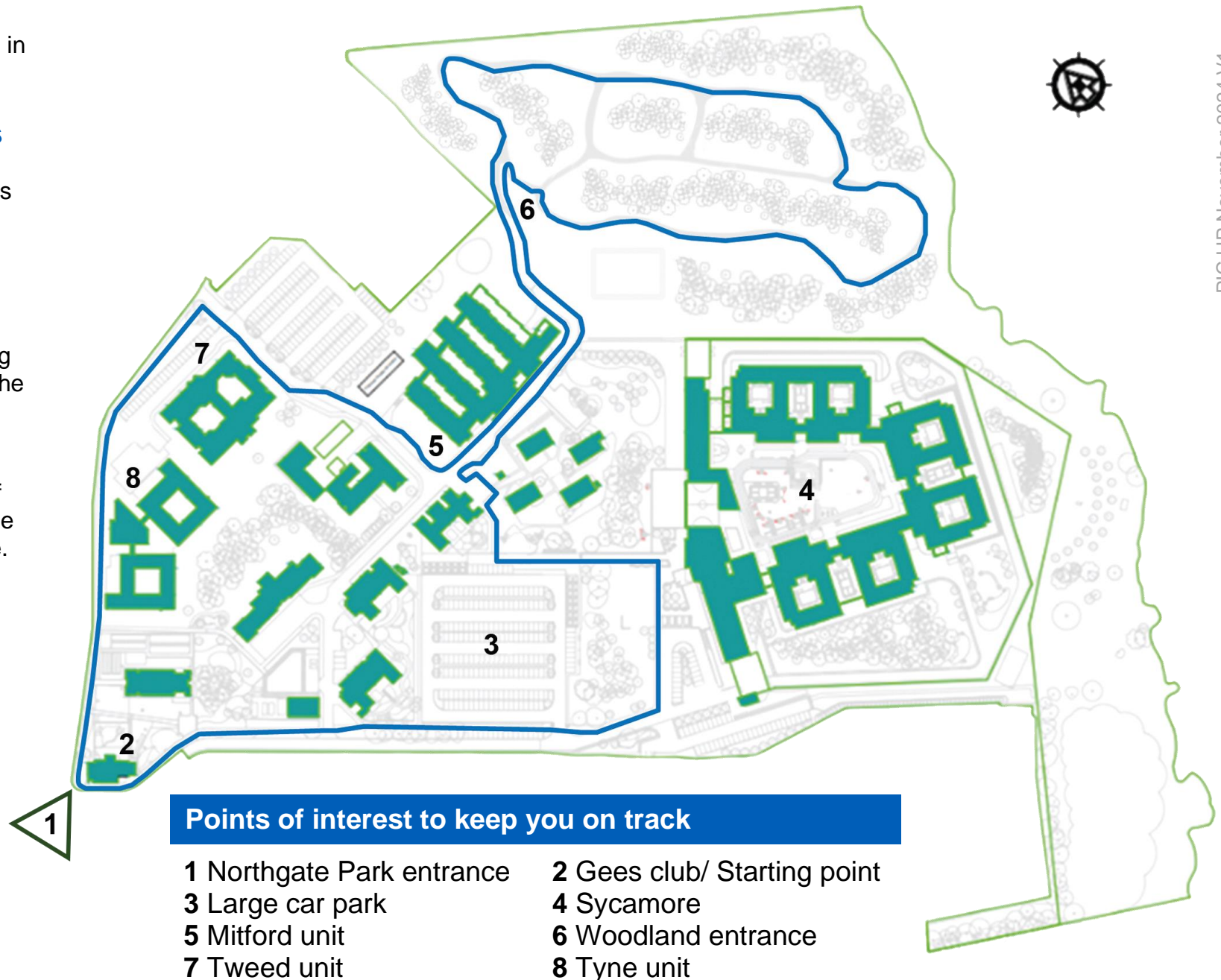
High intensity = under 18 minutes

Moderate = 25 minutes

Light = 30+ minutes

The route has numerous gentle inclines and declines. You'll be walking on pavements and walking trails so please ensure you have the appropriate footwear.

There are some steeper inclines located in the woodland section of the walk. Alternative routes may be taken with less incline and decline.



Points of interest to keep you on track

1 Northgate Park entrance

3 Large car park

5 Mitford unit

7 Tweed unit

2 Gees club/ Starting point

4 Sycamore

6 Woodland entrance

8 Tyne unit