

# Fitness trail details

## Rules and Standards for Use

- **Fitness** Fitness trails provide an opportunity for participants to begin and maintain a comfortable and healthful fitness program. Regular participation on the well-rounded fitness course will improve muscle tone, agility and strength. Before deciding to participate in a routine, it is recommended that you seek your physician's advice and perhaps request a physical examination to determine your physical condition and abilities to use the fitness equipment.
- **Duration** Exercise hard enough to maintain your OHR (Optimum Heartbeat Range) for 15 to 20 minutes to obtain maximum benefits from use of the fitness trail. Refer to the Heart Check information to determine your suggested optimum heartbeat range when exercising.
- **Heart Check** Determine your OHR by applying your index and middle fingers to either your inside wrist or side of your neck to check your pulse rate. Use the 10-second count for ease of monitoring during exercise. Before exercising, check your pulse to determine your starting level. Proceed through the course, following the signs and instructions. At each check station, count your pulse for ten seconds and check your OHR. If necessary, adjust your pace to maintain your OHR for at least 20 consecutive minutes. When finished, cool down slowly until your pulse rate returns to normal.

SUGGESTED OPTIMUM HEARTBEAT RANGE WHEN EXERCISING. Figures are

20 and under . . .	23 to 28	45 . . . . .	20 to 25
25 . . . . .	23 to 28	50 . . . . .	20 to 24
30 . . . . .	22 to 27	55 . . . . .	19 to 23
35 . . . . .	22 to 26	60 . . . . .	19 to 23
40 . . . . .	21 to 26	65 and over. . . .	18 to 22

based on a 10-second pulse rate check.

- **Responsibility** It is the sole responsibility of each participant to monitor themselves. Usage of each fitness trail is at the participant's own risk.

Special thanks for their support goes to



August 2010

# Parks & Recreation

## OUR MISSION

to enhance the quality of life for our community by providing outstanding parks, recreational facilities, activities and service

W I N T E R P A R K

# Fitness trail guide



## Fitness Trail Hours (every day)

Howell Branch > sunrise to sunset

Lake Island > sunrise to 10 p.m.

Ward Park > sunrise to sunset

CITY OF WINTER PARK

# Are you ready to start a fitness program? Do you want to add some variety to your routine?

The Parks & Recreation Department offers three great fitness trail locations for participants of all ages to use. Whether you are a beginner or just trying to change up your normal routine, the city's fitness trails are waiting for you.



## Howell Branch Preserve Fitness Trail

1205 Howell Branch Road

Howell Branch Preserve is a 10.38-acre site surrounded by wetlands and natural habitat located on the north side of Howell Branch Road, just west of Temple Drive in Winter Park. The trail is open from sunrise to sunset, 365 days of the year.

The 1/5-mile trail has eight fitness stations. They include: leg lift, push up, beam jump, incline body curl, sit up, chin up, ladder cross and step up. There is also a station to warm up and cool down, as well as a heart check station.



## Lake Island Fitness Experience

255 South Denning Drive

Lake Island Fitness Experience (LIFE) is an outdoor fitness station that features nine pieces of equipment positioned in a circular pattern. The pieces consist of balance steps, squat press, plyometrics, cardio stepper, tai chi wheels, assisted row/push-ups, pull-up/dip, chest/back press and ab crunch/leg lift.

LIFE is situated in beautiful Lake Island Park along the 1/2 mile lakefront walkway and is open from sunrise until 10 p.m., every day of the year. Parking is located on Denning Drive and New England Avenue.



## Ward Park Fitness Trail

222 Loch Lomond Drive

The Ward Park Fitness Trail offers a series of 10 outdoor fitness/wellness stations which provide enjoyable strengthening, flexibility and balancing activities that address the major components of a well-rounded fitness program for active older adults. Residents of all ages are also encouraged to enjoy the 1/3-mile trail and benefit from the interactive stations. Along with a welcome station, the fitness/wellness stations also include a lower body warm up, bench stepper, stability station, upper body warm up, standing push up, forearm rolls, upper body stretch, lower body stretch and balance station.

The fitness trail is located off of Loch Lomond Drive at the entrance of Ward Park and open from sunrise to sunset, all year long.

