

Cardio trails for all levels

The City of Winter Park Community Redevelopment Agency, the Winter Park Health Foundation and Track Shack partnered together to provide this guide to assist residents in gaining and maintaining good cardiovascular health while visiting some of the sites and sounds that make Winter Park's Central Business District such a wonderful place.

There are four cardio trails offered with varying distances and intensities to meet the needs of all types of fitness levels. From a half mile walk down Park Avenue into Hannibal Square to a three mile run showcasing many of the beautiful parks found throughout Winter Park.

Remember that a healthy cardiovascular walk is not a simple stroll, you must walk at a sufficient speed to get your heart rate into the “**aerobic training zone**.” The heart rate chart on the back of this brochure gives figures in a generalized manner for a broad age range in beats per minute.

Cardiovascular training should be part of a well-designed fitness program aided by a healthy diet. Please consult your physician prior to beginning your training or any new exercise program to insure beneficial results.

Other places you may also want to visit

Howell Branch Preserve offers a 10.3 acre site with amenities for all, including a fitness trail and exercise equipment overlooking beautiful wetlands.

Lake Island Park offers a variety of sports and recreational facilities, a large playground and serene settings encompassing 23 acres.

The **Winter Park Community Center**, located at 721 New England Avenue, offers a variety of indoor and outdoor activities to Winter Park residents. The Boys & Girls Clubs of Central Florida Winter Park Branch is also available for children's activities.

Both the **Winter Park YMCA Family Center** and the **Peggy & Phillip B. Crosby Wellness Center** offer a variety of indoor and outdoor activities.

Heart rate chart

(target heart rate zone 50-85%)

age	target zone
20	100-170
25	98-166
30	95-162
35	93-157
40	90-153
45	88-149
50	85-145
55	83-140
60	80-136
65	78-132
70	75-128

Source: American Heart Association



The quickest way to determine your heart rate is to count the number of heart beats for 10 seconds and multiple that by 6, this equals your beats per minute as reflected in the chart to your left.

The cardio trail guide is provided to you in the interest of raising awareness and improving community health and wellness. On average, medical experts recommend 30-45 minutes of daily cardio activity. All participants are responsible for determining the appropriateness of these trails according to their own personal fitness level and the recommendations of their physician.

Funding provided by
Winter Park Health Foundation
www.wphf.org



For additional information
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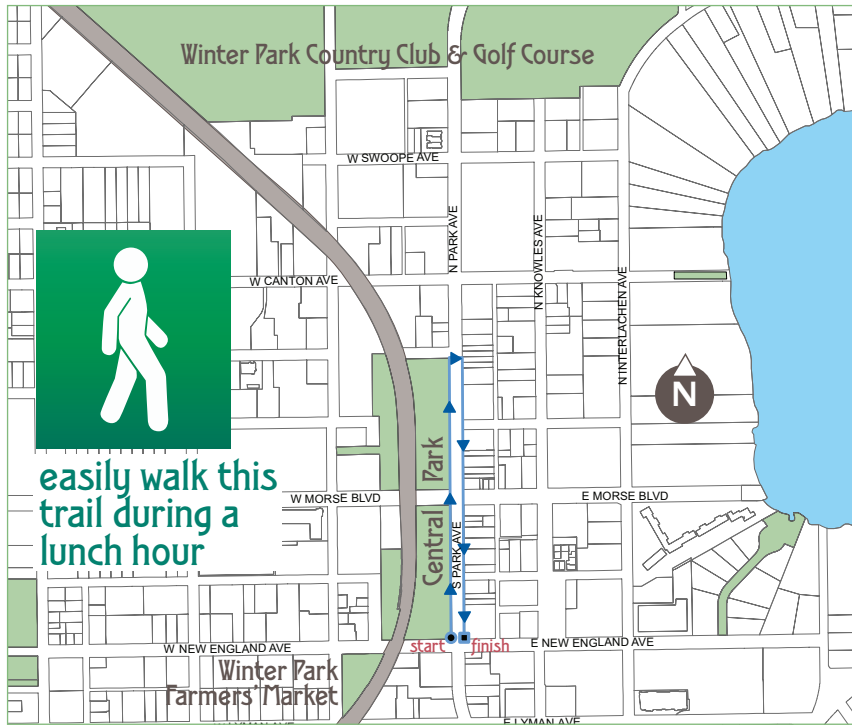
YOUR Cardio Trail GUIDE



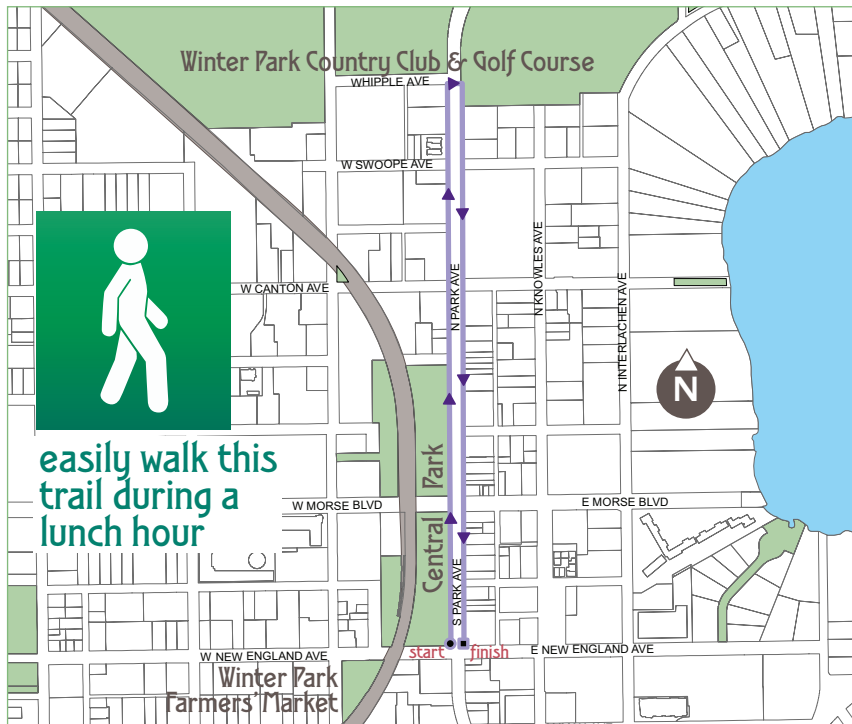
THRU THE CITY OF WINTER PARK'S
CENTRAL BUSINESS DISTRICT

FOUR TRAILS FEATURED FOR ALL
LEVELS AND AGES TO ENJOY

Living a healthy life,
creating a healthy environment



0.5 mile 1 mile



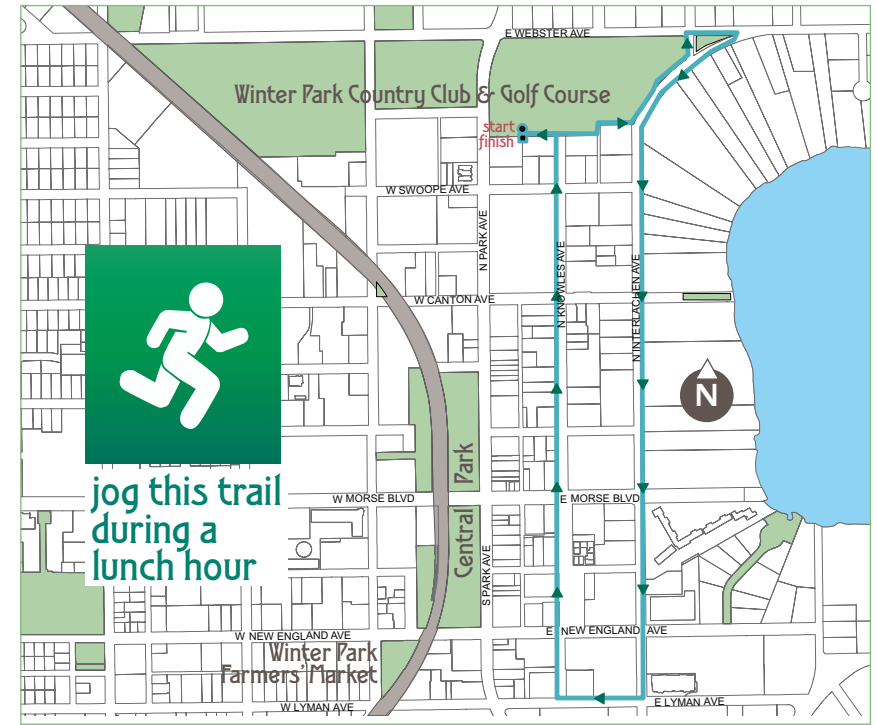
Please remember to use crosswalks whenever available and walk against traffic even when using a sidewalk.

.5-mile trail start at the northwest corner of Park Avenue and New England Avenue and proceed north along the west side of Park Avenue. At Briarpatch Restaurant, cross over to the east side of Park Avenue and proceed south along Park Avenue. Trail concludes at the northeast corner of Park and New England avenues.

1-mile trail start at the northwest corner of Park Avenue and New England Avenue and proceed north along Park Avenue. Continue north bound until you reach Whipple Avenue. Cross over to the east side of Park Avenue and proceed south. Continue south on Park Avenue until the trail concludes at the northeast corner of Park and New England avenues.

1.5-mile trail start by the fountain in front of Casa Feliz and cut east through the Winter Park Country Club parking lot towards Interlachen Avenue. Proceed north on Interlachen Avenue to Webster Avenue and cross over around the island to the east side of Interlachen Avenue and proceed south. Continue south on Interlachen Avenue to Lyman Avenue. Head west on Lyman Avenue to Knowles Avenue. Head north on Knowles Avenue to the south entrance of Casa Feliz, trail concludes in the archway on the north side drive of Casa Feliz.

3-mile trail start at the northeast corner of Capen Avenue and New England Avenue heading east on New England Avenue. Proceed east to New York Avenue and head north. Continue north on New York Avenue to Morse Boulevard. Head east on Morse Boulevard to Park Avenue. Head north on Park Avenue to Webster Avenue. Head East on Webster Avenue to Interlachen Avenue around the east side of the island. Head south on Interlachen Avenue to Fairbanks Avenue. Use Crosswalk to the west of Interlachen Fairbanks intersection to cross Fairbanks. Head south on the unnamed road adjacent to Knowles Memorial Chapel to Holt Avenue. Head west on Holt Avenue to New York Avenue. Head north on New York Avenue crossing over Fairbanks Avenue continuing north to New England Avenue. Head west on New England Avenue, trail concludes at the south east corner of New England Avenue and Capen Avenue.



1.5 mile 3 mile

