

Fitness Trail Brochure

1. Briskly walk to the next station.

2. Climb to the top of the hill. Now that you are warmed up a bit it is time to do some stretches:

a. Stretch your arms to the sky then bending at the waist extend forward with your arms as far as you can. Then fall your arms down and see if you can touch your toes or just hang loosely for a minute. Roll up and repeat 3x.

b. Try doing the Sun Salutation 3x (bottom)

c. Walk knees high to the next station.



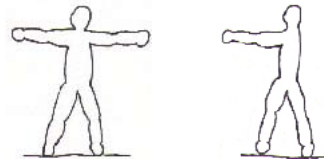
Sun Salutation



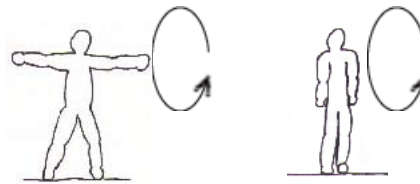
3. Walk with straight legs lifted to your waist to the next station.



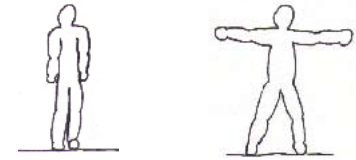
4 .a. Extend arms straight out horizontally to your sides then keeping one hand still bring the other hand to it and clap (30x).



b. Arms still extended straight horizontally start making small circles with your fingertips. Slowly increase the size of the circles until you are swinging your arms fully and freely. Then make the circles smaller again until you stop. Repeat going the opposite direction.



5. Time for jumping jax see how many you can do.



6. Extend your arms to the sides and bend your elbows so that your hands are facing up. Open your hand fully and then close it to a fist tightly (50x).



7. Sit on the boardwalk for these exercises.
 - a. See how many push ups you can do today!
 - b. Do a set of sit-ups / stomach exercises

8. Warrior poses



i. feet are spread wide, the back foot is turned on a 45 and the front foot is facing forward, knee is at 90 hips face forward. Arms are raised over your head. Hold for 5 breaths and then rotate the feet to switch sides. Same position on the other side hold for 5 breaths.

ii. Rotate the feet to face the other side. turn the pelvis to the side and extend your arms out. 5 breaths and then rotate and 5 breaths on the other side.



Prairie Burn

9. Hop on one foot as far as you can then switch feet. See how far you can go before needing to use two feet then jog to the next station.
10. Jog to the next station.
11. Cool down stretches on the viewing platform.

a. Forward bend



b. Triangle pose

i. Take a wide stance. Hips turned to face the side. Front foot facing forward and the back foot at a 45 degree angle. Extend the arms out to the side and then lean forward over the front leg as far as you can. lower your front hand down to your shin or ground, the top hand goes to the sky and turn your head to look up. Hold for 5 breaths. Look down and come up. Turn your feet in the other direction and repeat.



Restored Prairie

- ii. Turn the feet the other direction but this time the hand at the back rotates forward and goes to the front foot. 5 breaths and switch to repeat on the other side.
- iii. Turn the feet the other direction and bend the front knee 90 degrees. Front hand goes to the floor on the outside of the foot and the front arm is in line with the straight back leg. 5 breaths and switch to the other side to repeat.

c. Forward bend - Legs wide, stand tall and put your hand on your hips. Extend forward from the crown of your head and then put your hands on the ground in line with the feet. Lower the head and you can push on the ground to go a bit deeper. 5 breaths and then hands on hips to come up.



Have a relaxing walk to the end to cool down.

12. If you're facing the sign turn around and walk out into the prairie. Lay or sit down and slow your breath down taking deep full breaths. Starting from the top of your head relax each part of your body as you go down to your toes (eyes, jaw, shoulders...). Release all of your tension into the ground. Stay here as long as you like.

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