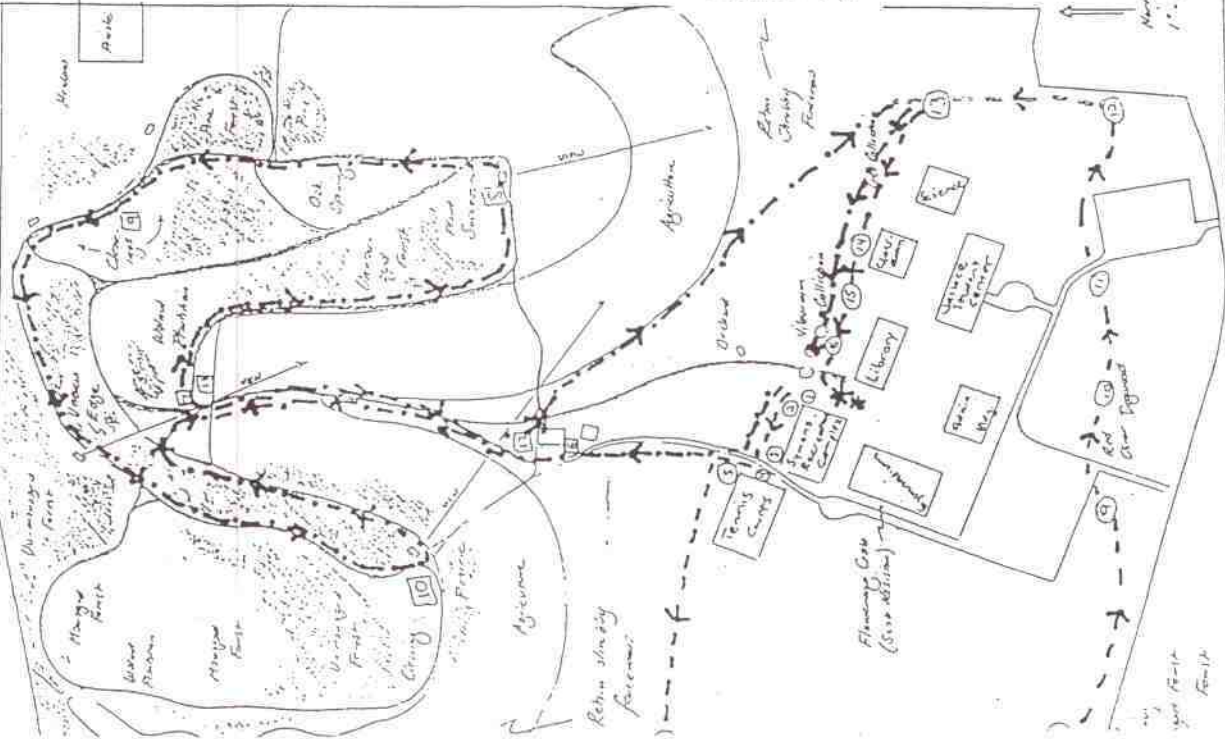


# UW Richland Wellness Trail



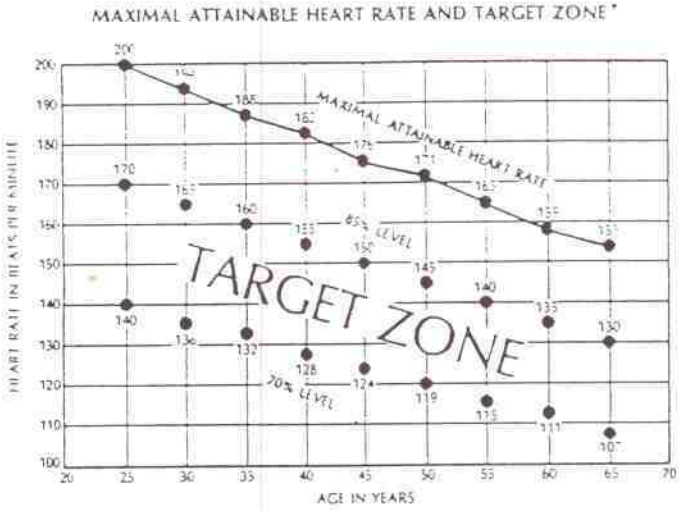
# UW RICHLAND

# WELLNESSTRAIL

# TRAIL

Designed by:  
Patricia J. Fellows

Constructed by:  
Wisconsin Conservation  
Corps



This figure shows that as we grow older, the highest heart rate which can be reached during all-out effort falls. These numerical values are "average" values for age. One-third of the population may differ from these values. It is quite possible that a normal 50-year-old man may have a maximum heart rate of 185 to that a 40-year-old man might have a maximum of only 148. The same limitations apply to the 70 per cent and 85 per cent of maximum level.

\*Zohman, Lenore, M. D., Beyond Diet Exercise Your Way to Finery and/Heon Health, CPC International, Inc., 1974.

Special thanks to:  
Harris Building Center Ltd.  
Fish Building Supply  
Richland County Campus Foundation

\* Start here  
--- Upper Trail  
--- Lower Trail

## UW RICHLAND WELLNESS TRAIL

Welcome to the UWC-Richland Wellness Trail. The trail features two separate jogging/walking loops. The BEGINNER's loop is approximately one mile in length. The loop for the PHYSICALLY FIT is about 1.9 miles, is hilly, and challenging. Each loop has 16 stations, with the number of repetitions recommended for Beginner, Intermediate, and Advanced fitness levels on the station sign.

Aerobic exercise is most beneficial if done three to four times per week. It is recommended however that all participants get medical clearance before using the trail.

The first five stations are for both loops. The trail then splits into upper and lower loops. They come together again at station 13.

### Lower Loop

#### STATIONS

- \*1 - Achilles Stretch
- 2 - Isometric Squat
- 3 - Sit and Reach
- 4 - Arm Circles
- 5 - Knee Lift
- 6 - Jumping Jacks
- 7 - Push Ups
- 8 - Sit Ups
- \*9 - Step Ups
- 10 - Hop Kick
- 11 - Side Bends
- 12 - Side Jump
- 13 - Parallel Bars
- 14 - Leg Raises
- 15 - Leg Stretches
- \*16 - Balance Beam

\* Pulse check.

Stations 1-5 are to warm up and stretch out the muscles. Stations 6-13 are intended to develop strength and endurance. Stations 14-16 are cool down stations.

It is recommended that participants walk or jog between stations, once they feel warmed up.

### Upper Loop

#### STATIONS

- \*1 - Achilles Stretch
- 2 - Isometric Squat
- 3 - Sit and Reach
- 4 - Arm Circles
- 5 - Knee Lift
- 6 - Jumping Jacks
- 7 - Push Ups
- 8 - Sit Ups
- \*9 - Step Ups
- 10 - Hop Kick
- 11 - Side Jump
- 12 - Pull Ups
- 13 - Parallel Bars
- 14 - Leg Raises
- 15 - Leg Stretches
- \*16 - Balance Beam

\* Pulse check.

The Pulse Check is to determine the participant's pulse rate prior to, during and after the workout. The pulse is counted for 30 seconds. Recommended ranges during exercises can be found on the chart on the next page.

**PARTICIPATE AT YOUR OWN RISK**

**UW RICHLAND DOES NOT ASSUME ANY RESPONSIBILITY FOR ANY INJURIES INCURRED ON THIS TRAIL**