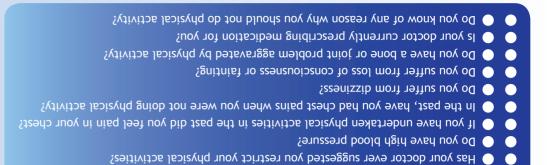
exercise and use of the Goldenstones facilities. information on this trail or your personal fitness program, including ideas for other forms of

Has your doctor ever said that you have a heart condition?

Drop in and see a member of the Goldenstones Fitness team if you would like more

commencing exercise.

If you answered yes to any of the above questions you MUST check with your doctor before



valley gardens as the seasons progress. kingfishers and also notice the changes in the trail keep your eyes open for bird life, including experiencing nature. So when following the positive health benefits of being outside and healthcare professionals now recognise the beautiful grounds of the Country Park. Many you will be able to achieve this target in the may not appeal to you, but by using this trail Formal exercise classes or going to a gym sets of 20-30 minutes of exercise each week.

and answer each one honestly: Tick YES or NO questions. Please read the questions carefully is your best guide when you answer these should check with you doctor. Common sense age and are not used to being very active, you before you start. If you are over 69 years of indicate if you should check with your doctor physically active. The questions below will their doctor before they start becoming more However, some people should check with Being more active is very safe for most people.

We are all now encouraged to undertake 5

HEALTHY LIVING

We hope you enjoy the trail and we look forward to seeing you out and about in the Country

increasing fitness levels.

at each stage of your workout, Included are tables to help you monitor your progress and exercises at each location. Unlike led exercise classes you can choose the level and difficulty contain a colour map with your route marked. Follow the trail and carry out the suggested Trail'. You will find all the information you need contained within this leaflet. The central pages of his lifetime achievements have decided to use it to sponsor this 2 mile 'Blackburn Fitness They received a legacy from the Estate of Yeovilian, Reginald A E Blackburn, and in recognition communtity since it was established in 1965 as a charity fundraising and service organisation. beautiful valley gardens of Ninesprings. The Lions Club of Yeovil has been a leader in the Yeovil alternative exercise option; a self guided trail using the natural and built features of the Congratulations on picking up the Blackburn Fitness Trail Leaflet. Our aim was to create an

Any other instructions are written in green.

- Directional information is written in blue
- Exercise instructions are written in black
 - Safety information is written in red

The Blackburn Fitness Trail- Instructions

On the back page are the tables to help you monitor your progress and development- go for

rate, you could even start carrying hand weights. Small bottles of water work brilliantly as work harder. Complete extra sets of repetitions to increase your strength or up that heart Don't get bored; change things as you get fitter. Increase your speed to make your body

fun, and this way the whole family and the dog can join in. The great thing about this trail is that you can do it when you have time. Exercise should be

Make your Program Suit You

starts to really limit conversation! Use this scale to think about how hard you are working. muscles and breathing, a good tip is how much you think you could talk. Anything-above 7 The scale relates to your entire body and how you feel during exercise. Think about your



When on the trail you can use the scale below to work out how hard you are training:

too quickly, always warm the body up, and finish with a slower pace to cool down. you are not used to being physically active. When starting your session do not exert yourself It is important to start very slowly and gradually build up your level of activity, especially if

Activity Levels and Exercise Options

MONITORING YOUR PROGRESS

Recording your improving fitness levels as you continue an exercise programme will keep you motivated, and will also demonstrate to you just how well you are doing.

Follow the instructions below on how to take your heart rate. Once a week, log your heart rate during exercise (as marked on the map with a) and after you have finished and cooled down. Record the figures below and just watch how your heart rate improves as you get fitter.

Heart Rate Monitoring

Session	1	2	3	4	5	6	7	8	9	10
Station 4 🜹										
Station 8 🜹										
End 💙										

To take your heart rate- use you 2 middle fingers and tuck them under your jaw-line to feel your pulse in your carotid artery. Count the number of beats in 30 seconds. Double this figure and you have your pulse rate. An average rate is 70-80 beats per minute

Use this next table to monitor your progress and improvements in completing the trail. Note down your total time and any extra sets of exercises you manage to complete.

Date						
Station 1						
Station 2						
Station 3						
Station 4						
Station 5						
Station 6						
Station 7						
Station 8						
Station 9						
Station 10			·			
Station 11						
Total time						

GOOD LUCK - if you would like extra advice on your exercise program call into Goldenstones Leisure Centre and ask to see one of the fitness team.

