

## The Blackburn Fitness Trail - Instructions

It is the back page are the tables to help you monitor your progress and development - go for it!

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

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

## Make Your Program Suit You

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

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

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

## 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 your 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.

Drop in and see a member of the Goldenstones Fitness team if you would like more information on this trial or your personal fitness program, including ideas for other forms of exercise and use of the Goldenstones facilities.

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

- Do you know of any reason why you should not do physical activity?
- Is your doctor currently prescribing medication for you?
- Do you have a bone or joint problem aggravated by physical activity?
- Do you suffer from loss of consciousness or fainting?
- Do you suffer from dizziness?
- In the past, have you had chest pains when you were not doing physical activity?
- If you have undertaken physical activities in the past did you feel pain in your chest?
- Do you have high blood pressure?
- Has your doctor ever said that you have a heart condition?

Yes  No

valley gardens as the seasons progress.

and answer each one honestly: Tick YES or NO

kingfishers and also notice the changes in the trunks open for birds. Including the questions. Please read the questions carefully is your best guide when you answer these should check with you doctor. Common sense should and are not used to being very active, you age and are over 69 years of age before you start. If you are over 69 years of before you start. The questions below will indicate if you should check with your doctor physically professionals now recognise the benefits of being outside and keep your eyes open for birds. Many health care grounds of the Country Park. Many may not be able to achieve this target in the you will be able to do this target in the gym formal exercise classes or going to a gym sets of 20-30 minutes of exercise each week. We are all now encouraged to undertake 5 sets of 20-30 minutes of exercise each week.

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

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 of this fitness achievements have decided to use it to sponsor this 2 mile, Blackburn Fitness Trail. You will find all the information you need contained within this leaflet. The central pages contain a colour map with 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 this fitness achieved a legacy from the Lions Club of Yeovil, Reginald A E Blackburn, and in recognition of this community since it was established in 1965 a charity fundraising and service organisation. The trail received a legacy from the Lions Club of Yeovil, Reginald A E Blackburn, and in recognition of the valleyparks gardens of Ninesprings. The Lions Club of Yeovil has been a leader in the development of alternative exercise options, a self guided trail using the natural and built features of the valley.

# Blackburn Fitness Trail

## Yeovil Country Park

