

The Simsbury Culture, Parks and Recreation Department and Simsbury Farms Recreation Complex would like to welcome you to the Family Fitness Trail.

The Simsbury Farms Family Fitness Trail is a series of 20 exercise stations along a 2 1/2 mile circuit around the perimeter of the Simsbury Farms Complex. Each station provides a type of exercise, warm-up, stretching, muscle strengthening, cardiovascular conditioning, and cooldown, combined with walking and jogging between stations. These exercises have been designed by the President's Council on Physical Fitness and sports as beneficial for children and adults. Each station has guidelines for the recommended repetitions for beginner and advanced exercisers. Please use these numbers as guidelines to develop your own program depending on your level of fitness. Anyone just starting out should consult their doctor. The fitness trail is an enjoyable way to become or remain a more fit and healthy individual. Remember, the road to physical fitness begins with a single step.

**CAUTION:** Be aware of natural obstacles along the route such as roots, stumps, and rocks. Watch out for errant golf balls, especially near stations 8 to 14.

The Town of Simsbury and the Culture, Parks and Recreation department would like to thank the following groups and individuals who contributed their leadership, financial support, or physical labor to the development of the David T. Emott, Jr. Memorial Family Fitness Trail:

The Simsbury Jaycees  
The Family and Friends of David T. Emott, Jr.  
Simsbury Boy Scouts who provided many volunteer hours in conjunction with Eagle Scout projects.

SIMSBURY CULTURE PARKS AND RECREATION DEPARTMENT

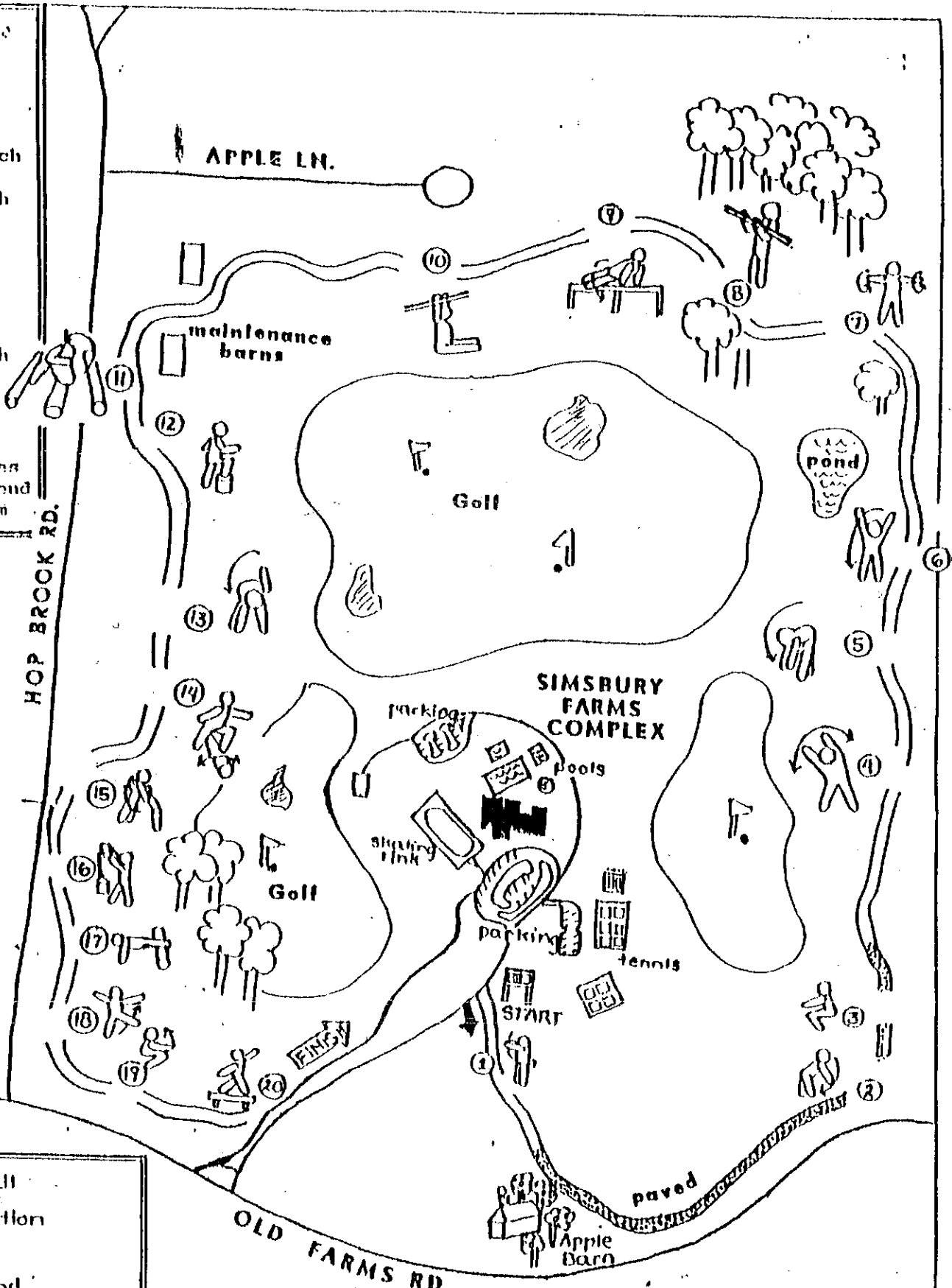
# Welcome to the David T. Emott, Jr. Memorial Family Fitness Trail

At Simsbury Farms



# EXERCISE STATIONS

- 1) Arm Swings
- 2) Toe Touch
- 3) Knee Bends
- 4) Waist Stretch
- 5) Toe Touch
- 6) Deep Stretch
- 7) Arm Swings
- 8) Chin-ups
- 9) Bar Vault
- 10) Bar Swing
- 11) Sit-Ups
- 12) Step-Ups
- 13) Side Stretch
- 14) Leg Hops
- 15) Jump Ups
- 16) Leg Lifts
- 17) Push ups
- 18) Leg Stretches
- 19) Stretch & Bend
- 20) Balance Beam



HOP BROOK RD.

## KEY

- fitness trail
- exercise station
- road
- pools or pond
- tennis courts
- trail = 2.5 ml.

