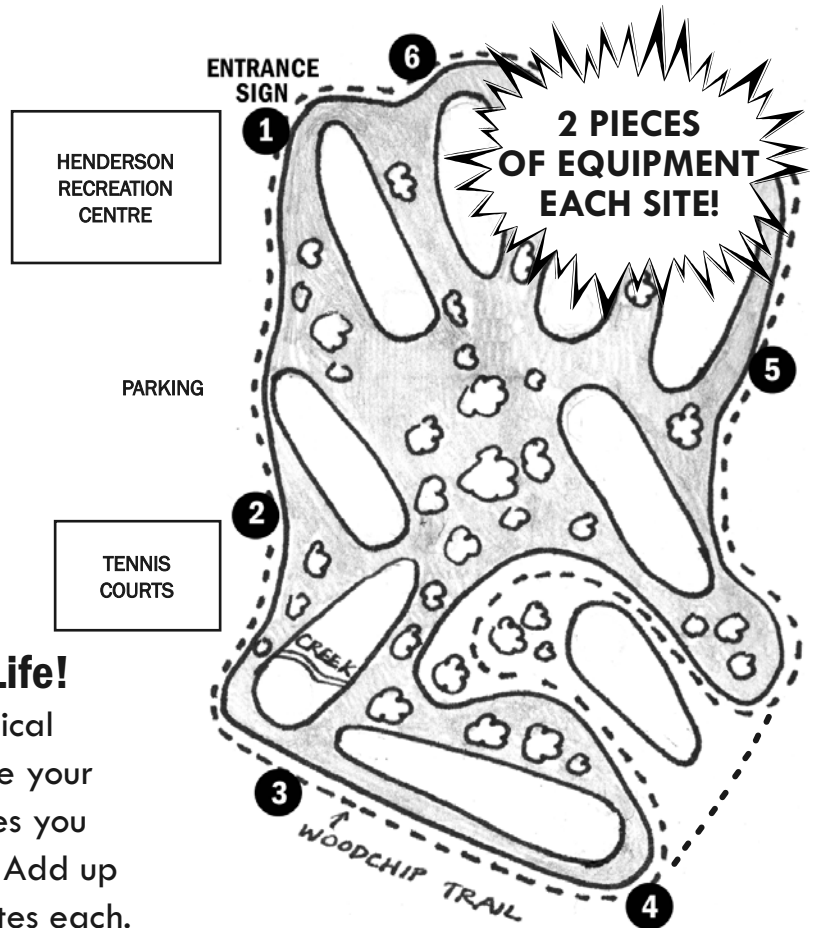


# Welcome To The Outdoor Circuit!

## Henderson Recreation Centre Chip Trail



Full Chip Trail = 1.1km  
Loop = .84km

### Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add up your activities in periods of at least 10 minutes each. Start slowly... and build up.

### TIME NEEDED DEPENDS ON EFFORT

#### Very Light Effort

- Strolling
- Dusting

#### Light Effort

60 minutes

- Light Walking
- Volleyball
- Easy Gardening
- Stretching

#### Moderate Effort

30-60 Minutes

- Brisk Walking
- Biking
- Raking Leaves
- Swimming
- Dancing
- Water Aerobics

#### Vigorous Effort

20-30 minutes

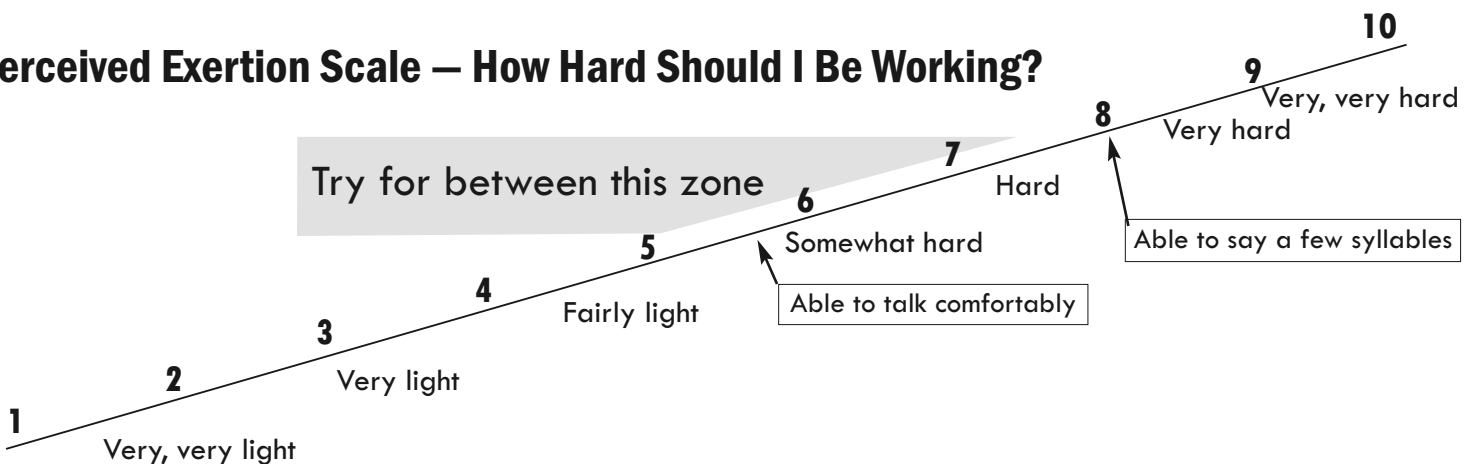
- Aerobics
- Jogging
- Hockey
- Basketball
- Fast Swimming
- Fast Dancing

#### Maximum Effort

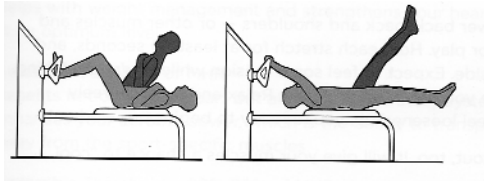
- Sprinting
- Racing

Range needed to stay healthy

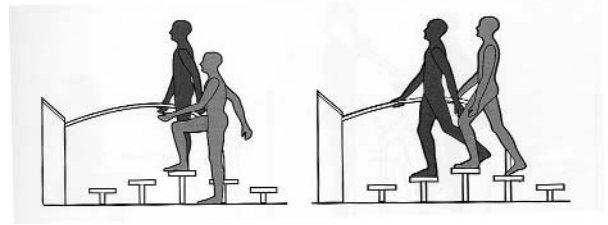
### Perceived Exertion Scale – How Hard Should I Be Working?



# Outdoor Circuit Stations

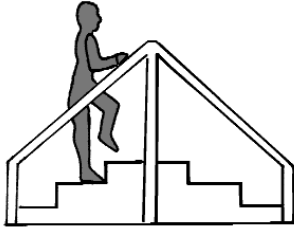


**Ab Bench**



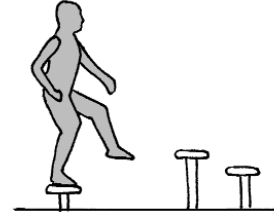
**Station #1**

**Balance Steps**

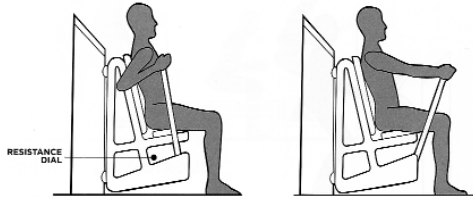


**Stairs**

**Station #2**

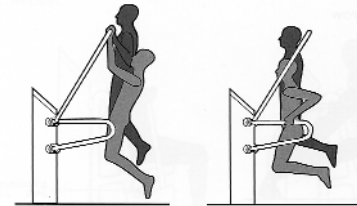


**Balance Pods**

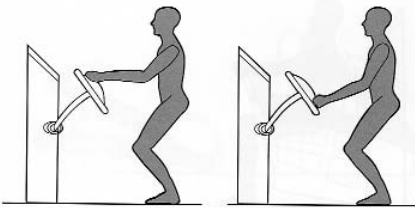


**Chest Press**

**Station #3**

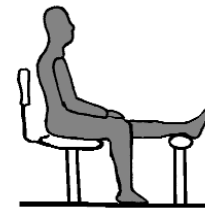


**Pull-up/Tricep Dip**

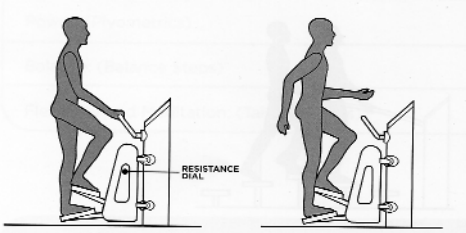


**Tai Chi Wheels**

**Station #4**

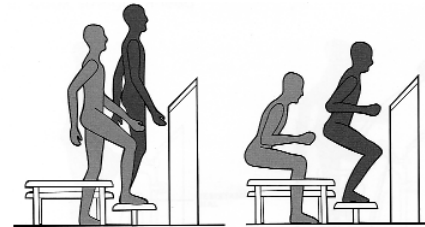


**Hamstring Stretch**



**Cardio Stepper**

**Station #5**

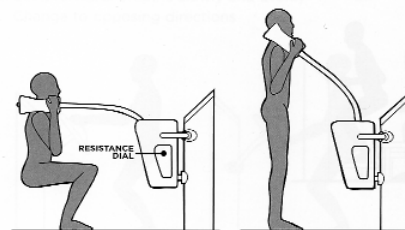


**Plyometrics**



**Assisted Row/Push-up**

**Station #6**



**Squat Press**