

phase 3 the Warm Down (5-10mins)

3a. Warming Down

Do 1 lap of the red route (500m) at a relaxed strolling pace to warm down. *Easy peasy pace!*

3b. Stretching Out

Use either of the stone seats on the route OR a chair back home to do the stretching exercises outlined below.



leg stretchers!

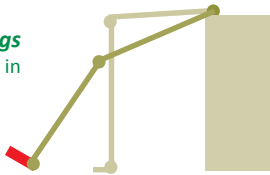
Place one foot forward and place your hands on *opposite* thigh.

Slowly lean forward keeping back straight and head up.

Stretch to point of mild tension and hold for 10secs plus.

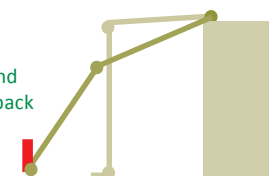
hamstrings

leave toes in 'normal' position



calves

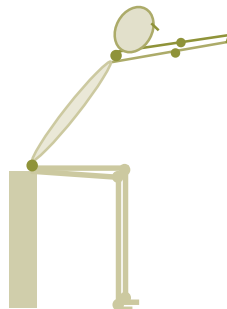
slide heel forward and pull toes back



upper body stretchers!

upper back / arms

Place the back of one hand in the palm of the other. Slowly extend arms fully - pushing palms forward.



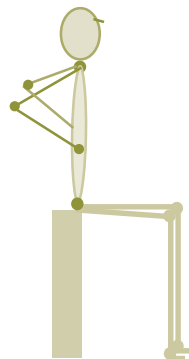
Lean forward slowly - keep your back straight and head up.

chest/shoulders

Place hands on or behind thighs.

Slowly open arms to side and behind - trying to tip your elbows together.

Slowly push your chest through your arms.



waterstown
park

fitWALK
circuit



Three key components of *functional fitness* for older people are

- aerobic fitness (of the heart and lungs)
- strength (of the muscles)
- mobility (of the joints)

Over the following pages we outline a *circuit* that uses the suite of outdoor exercise machines and the walking paths in Waterstown Park and which will improve all three components of functional fitness. It will take you approximately 45mins and comprises three phases as follows

- phase 1** the **Warm Up** (10-15mins)
- phase 2** the **Workout** (20-30mins)
- phase 3** the **Warm Down** (5-10mins)



These notes are designed to complement information and demonstrations given by the Trainer at the FitWALK workshop.



fitWALKireland
www.fitwalkireland.com

Phase 1 the Warm Up (10-15mins)



1a. Warm Up

Start from the swing gate that leads from the car park onto the walking path (see S).

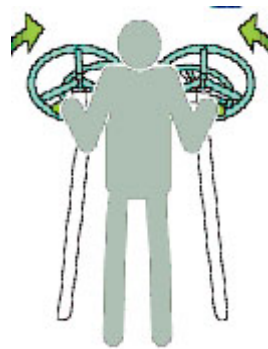
Turn LEFT and do 1 lap of the route marked in red (500m) at a comfortable strolling pace. No need for speed or intensity at this early stage.

1b. Joint Mobilising

After completing 1 lap of a stroll spend approx 2mins on each of the exercise machines pictured below.

On each machine

- keep your head up and back straight;
- maintain a relaxed, easy pace – these are simply ‘loosening’ exercises - there’s no need for exertion;



Phase 2 the Workout (20-30mins)

2a. Aerobic Workout

Do 2 laps of the red route (1km) at a more challenging pace. Feel the WHEW!

2b. Resistance Exercises

Spend 2mins on each of the exercise machines pictured below. Push yourself a little – but don't overstrain.



[NB. Note that the exercises recommended on the graphics of some of the machines are not suitable for older people. Please use the adaptations demonstrated by the Trainer at the workshop.]

2c. Aerobic Workout

Do 1 lap of the red route (500m) at a pace that challenges you a little - feel the WHEW!

AND / OR

Spend 5mins on the exercise machine pictured on the right. Challenge yourself a little - feel the WHEW!

