

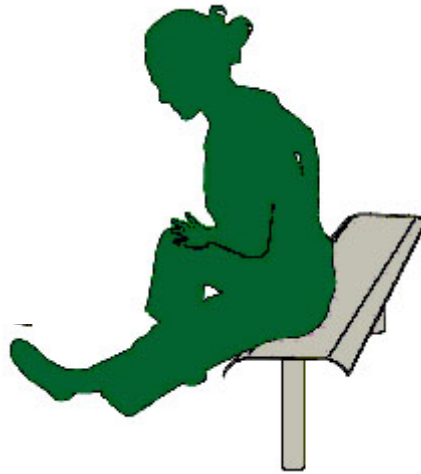
phase 3 the Warm Down (5-10mins)

3a. Warming Down

Do 1 lap of the walking path at a relaxed strolling pace to warm down. Easy peasy pace!

3b. Stretching Out

Use one of the wooden seats to do the stretching exercises outlined below.

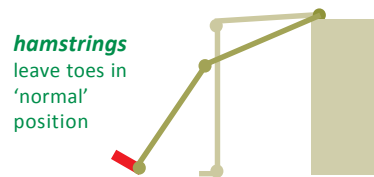


leg stretchers!

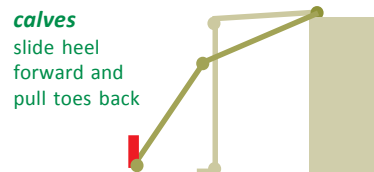
Place one foot forward and place your hands on *opposite* thigh.

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

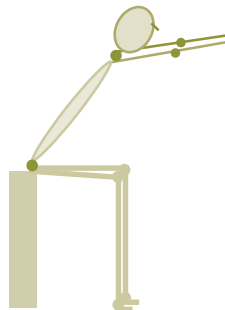


calves
slide heel forward and pull toes back

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.



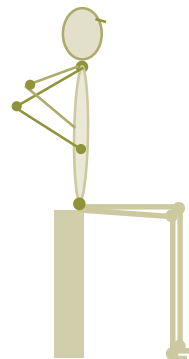
Lean forward slowly - keep your back straight and head up.

chest/shoulders

Place hands on or behind your hips.

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

Slowly push your chest through your arms.



Tymon Park
(Wellington)

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 Tymon 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

Starting from the car park follow the path past the duck pond and playground to the junction near the black bin. (see S).

From here continue straight to the M50 crossover where you turn left. Walk 2 laps 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

On the second lap 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 walking path at a more challenging pace. Use the uphill section to *WHEW* a little.

2b. Resistance Exercises

On the second lap spend 2min on each of the machines pictured across.

Push yourself a little – but don't overstrain.



[NB. Note that the exercise shown on the graphics of this machine is not suitable for older people. Please use the adaptation demonstrated by the Trainer at the workshop.]

2c. Aerobic Workout

Spend 2mins on the exercise machine pictured on the left. Challenge yourself a little - *WHEW!*

AND / OR

Do 2 laps of the walking path at a more challenging (*WHEW!*) pace.

