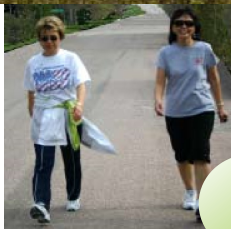
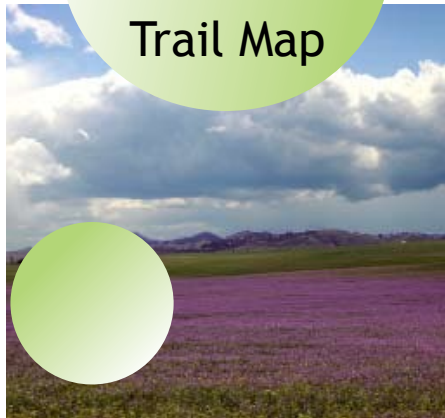





Chadron Walking/Fitness Trail Map



Lifespan Wellness Team
Chadron Community Recreation
Chadron, Nebraska

How many minutes will it take to work off some of your favorite foods?

Walking- 136 Jogging- 81	→	
Walking- 68 Jogging- 41	→	
Walking- 46 Jogging- 27	→	
Walking- 36 Jogging- 21	→	
Walking- 31 Jogging- 17	→	
Walking- 12 Jogging- 7	→	

All figures are approximate based on a 150-lb woman walking 3mph or jogging 5mph. For more information visit www.annecollins.com/exercise-calories/index.htm

Why is strength-training so important as we age?

Studies show that muscle loss begins in middle age and proceeds at a rate of about 1 percent a year. As individuals lose muscle mass, they lose strength and their ability to perform everyday tasks such as walking, climbing stairs or even getting up from a chair.

"For each decade after the age of 25, 3-5 % of muscle mass is lost". This is due to changes in lifestyle and decreased use of the neuromuscular system. However, studies have shown significant strength gains in previously sedentary older adults following a program of regular exercise.

Wellness Resources

Walking Tour of Historic Chadron:

www.chadron.com/history/tour01.php

Chadron State Park:

www.ngpc.state.ne.us/parks/guides/parksearch/pdfs/Brochure42.pdf

Panhandle Public Health Department:

www.pphd.org

N-Lighten Nebraska:

www.chadronwellness.com

For walking information:

www.walkinginfo.org

Western Community Health Resources:

www.wchr.net

Center for Disease Control:

www.cdc.gov

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- Ms. Mary Donahue's Graphic Design III class Chadron State College
- Final brochure and map design by CSC students Ashley Goff, Jerome Dopheide, and Bobbi Bath
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- Labor and installations of the fitness stations was provided by Pine Ridge Job Corps.

Funding by:

Blue Cross Blue Shield of Nebraska

CSC
CHADRON STATE COLLEGE



Safety Tips

1. Walk on the sidewalk. If there is no sidewalk, walk facing traffic. Run on the sidewalk, if there is no sidewalk then run facing traffic. Bike on sidewalk where city ordinance allows it. If there is no sidewalk then bike with traffic.
2. Wear bright or light colored clothing.
3. Pay attention; don't assume that vehicles will stop for you. Make eye contact with the driver.
4. If you use headphones, keep one ear uncovered so you can hear.
5. Walk with a friend or tell someone where you are going and when to expect your return.
6. Walk in well lit areas at night.



Strength-Training Equipment

Located at Wilson City Park:

HealthBeat™ Assisted Row/ Push-Up

Target Muscles: mid-overall chest, latissimus dorsi, biceps pushup, pectoralis major, triceps



HealthBeat™ Pull-Up/Dip

Target Muscles: Pull-Up-biceps
Dip-triceps
Secondary: Pull-Up-Latissimus
Dip-pectus

HealthBeat™ Ab Crunch/Leg Lift

Target Muscles: rectus abdominus (upper and lower)



Strength-Training Equipment

Located at Chadron State College Campus:

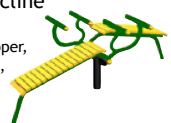
Two-Person Vertical Bench-Press

Target Muscles: mid-overall chest. Secondary Muscles: front shoulders, upper & mid abs, forearms, triceps



Two-Person Incline Crunch Bench

Target Muscles: upper, mid and lower abs, oblique
Located at both fitness stations



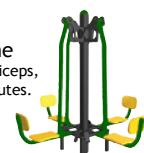
Two-Person Lat-Pull Machine

Target Muscles: lats
Secondary: rear shoulders, biceps, forearms, upper ab



Four-Person Leg Press Machine

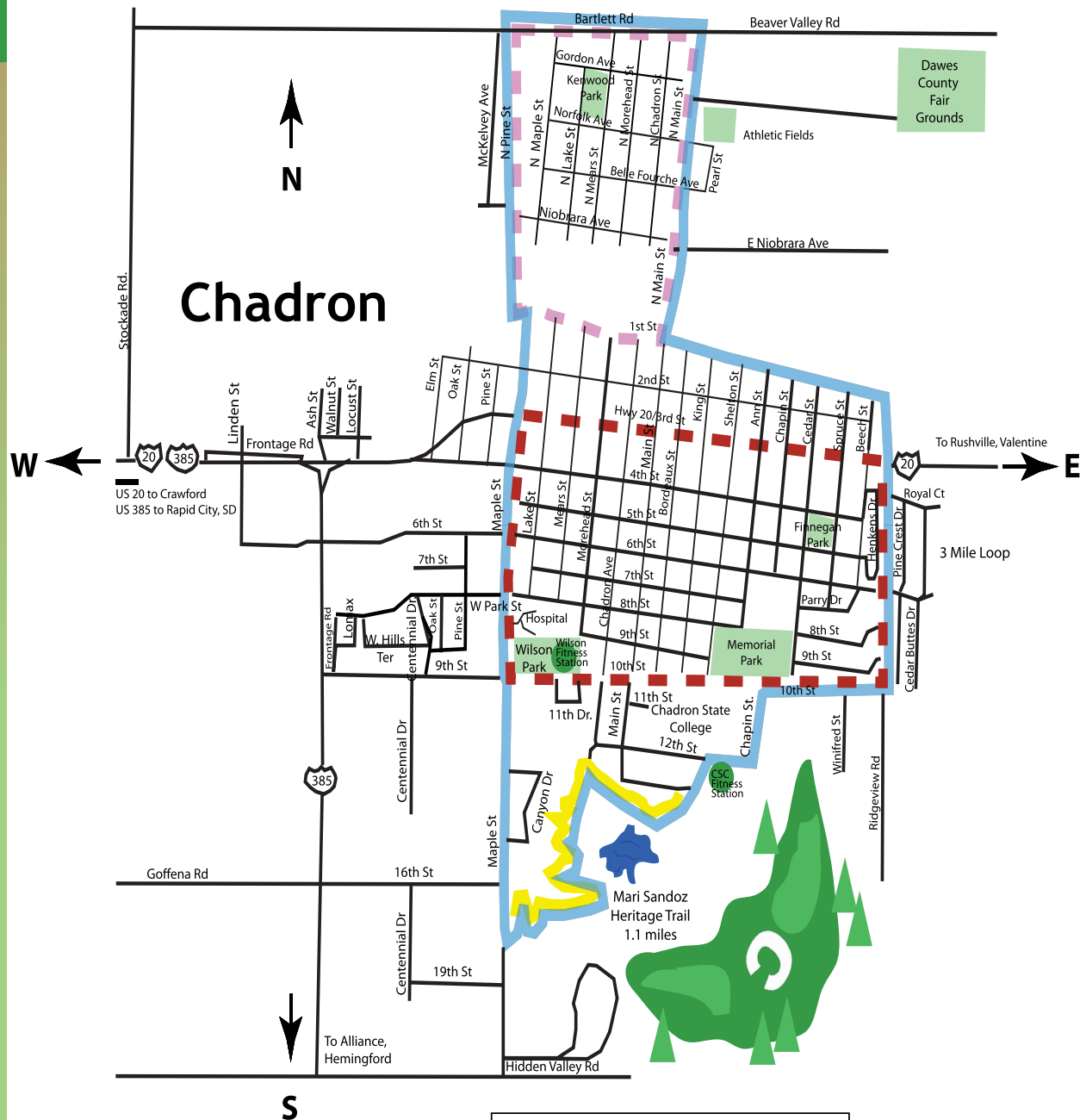
Target Muscles: quadriceps, hamstrings, calves, glutes.
Secondary: abs



To download a user's guide with workout recommendations for the HealthBeat™ equipment, go to <http://www.playlsi.com/Explore-Products/Product-Lines/Park-Fitness-Equipment/HealthBeat/HealthBeat-User-Guide/Pages/HealthBeat-User-Guide.aspx>

The path to a healthier life

Chadron Walking/Fitness Trail Map



- 1.1 miles Mari Sandoz Heritage Trail
- 3.1 miles 3 Mile Loop
- 2.25 miles Kenwood Loop
- 6.5 miles Outdoor Fitness (Big) Loop

Additional Routes at:
www.chadronwellness.com

