

Blackburn Fitness Trail

Yeovil Country Park



If you answered yes to any of the above questions you MUST check with your doctor before commencing exercise.

Drop in and see a member of the Goldenstones Fitness team if you would like more information on this trail or your personal fitness program, including ideas for other forms of exercise and use of the Goldenstones facilities.

- Yes No**
- Has your doctor ever said that you have a heart condition?
 - Has your doctor ever suggested you restrict your physical activities?
 - Do you have high blood pressure?
 - If you have undertaken physical activities in the past did you feel pain in your chest?
 - In the past, have you had chest pains when you were not doing physical activity?
 - Do you suffer from dizziness?
 - Do you suffer from loss of consciousness or fainting?
 - Do you have a bone or joint problem aggravated by physical activity?
 - Do you have a bone or joint problem aggravated by physical activity?
 - Is your doctor currently prescribing medication for you?
 - Do you know of any reason why you should not do physical activity?

We are all now encouraged to undertake 5 sets of 20-30 minutes of exercise each week. Formal exercise classes or going to a gym may not appeal to you, but by using this trail you will be able to achieve this target in the beautiful grounds of the Country Park. Many healthcare professionals now recognise the positive health benefits of being outside and experiencing nature. So when following the trail keep your eyes open for bird life, including kingfishers and also notice the changes in the valley gardens as the seasons progress.

HEALTHY LIVING

Congratulations on picking up the Blackburn Fitness Trail Leaflet. Our aim was to create an alternative exercise option; a self guided trail using the natural and built features of the beautiful valley gardens of Ninesprings. The Lions Club of Yeovil has been a leader in the Yeovil community since it was established in 1965 as a charity fundraising and service organisation. They received a legacy from the Estate of Yeovillian, Reginald A E Blackburn, and in recognition of his lifetime achievements have decided to use it to sponsor this 2 mile 'Blackburn Fitness Trail'. You will find all the information you need contained within this leaflet. The central pages contain a colour map with your route marked. Follow the trail and carry out the suggested exercises at each location. Unlike led exercise classes you can choose the level and difficulty at each stage of your workout. Included are tables to help you monitor your progress and increasing fitness levels.

We hope you enjoy the trail and we look forward to seeing you out and about in the Country Park.

The Blackburn Fitness Trail- Instructions

- Safety information is written in red
- Exercise instructions are written in black
- Directional information is written in blue
- Any other instructions are written in green.

The great thing about this trail is that you can do it when you have time. Exercise should be fun, and this way the whole family and the dog can join in.

Don't get bored; change things as you get fitter. Increase your speed to make your body work harder. Complete extra sets of repetitions to increase your strength or up that heart rate, you could even start carrying hand weights. Small bottles of water work brilliantly as hand weights!

On the back page are the tables to help you monitor your progress and development- go for it!

Make your Program Suit You

The scale relates to your entire body and how you feel during exercise. Think about your muscles and breathing, a good tip is how much you think you could talk. Anything-above 7 starts to really limit conversation! Use this scale to think about how hard you are working.



When on the trail you can use the scale below to work out how hard you are training:

It is important to start very slowly and gradually build up your level of activity, especially if you are not used to being physically active. When starting your session do not exert yourself too quickly, always warm the body up, and finish with a slower pace to cool down.

Activity Levels and Exercise Options

MONITORING YOUR PROGRESS

Recording your improving fitness levels as you continue an exercise programme will keep you motivated, and will also demonstrate to you just how well you are doing.

Follow the instructions below on how to take your heart rate. Once a week, log your heart rate during exercise (as marked on the map with a ❤️) and after you have finished and cooled down. Record the figures below and just watch how your heart rate improves as you get fitter.

Heart Rate Monitoring

Session	1	2	3	4	5	6	7	8	9	10
Station 4 ❤️										
Station 8 ❤️										
End ❤️										

To take your heart rate- use you 2 middle fingers and tuck them under your jaw-line to feel your pulse in your carotid artery. Count the number of beats in 30 seconds. Double this figure and you have your pulse rate. An average rate is 70-80 beats per minute.

Use this next table to monitor your progress and improvements in completing the trail. Note down your total time and any extra sets of exercises you manage to complete.

Date										
Station 1										
Station 2										
Station 3										
Station 4										
Station 5										
Station 6										
Station 7										
Station 8										
Station 9										
Station 10										
Station 11										
Total time										

GOOD LUCK - if you would like extra advice on your exercise program call into Goldenstones Leisure Centre and ask to see one of the fitness team.