

FIT IN THE GARDEN



Enjoy the beauty of the garden as you do these optional exercises designed by Tonya Ray, Wellness Coordinator at Summit Hills.

1 Balance Challenge

Brick Terrace at Butterfly Garden
Test your balance as you walk around the outer rim of bricks

2 Step Challenge

Bio-Retention Pond
Three times up and down the flight of steps

3 Opening Stretches

Garden of Hope & Healing
Stretch your mind as well as your body and find the hidden heart in Nature

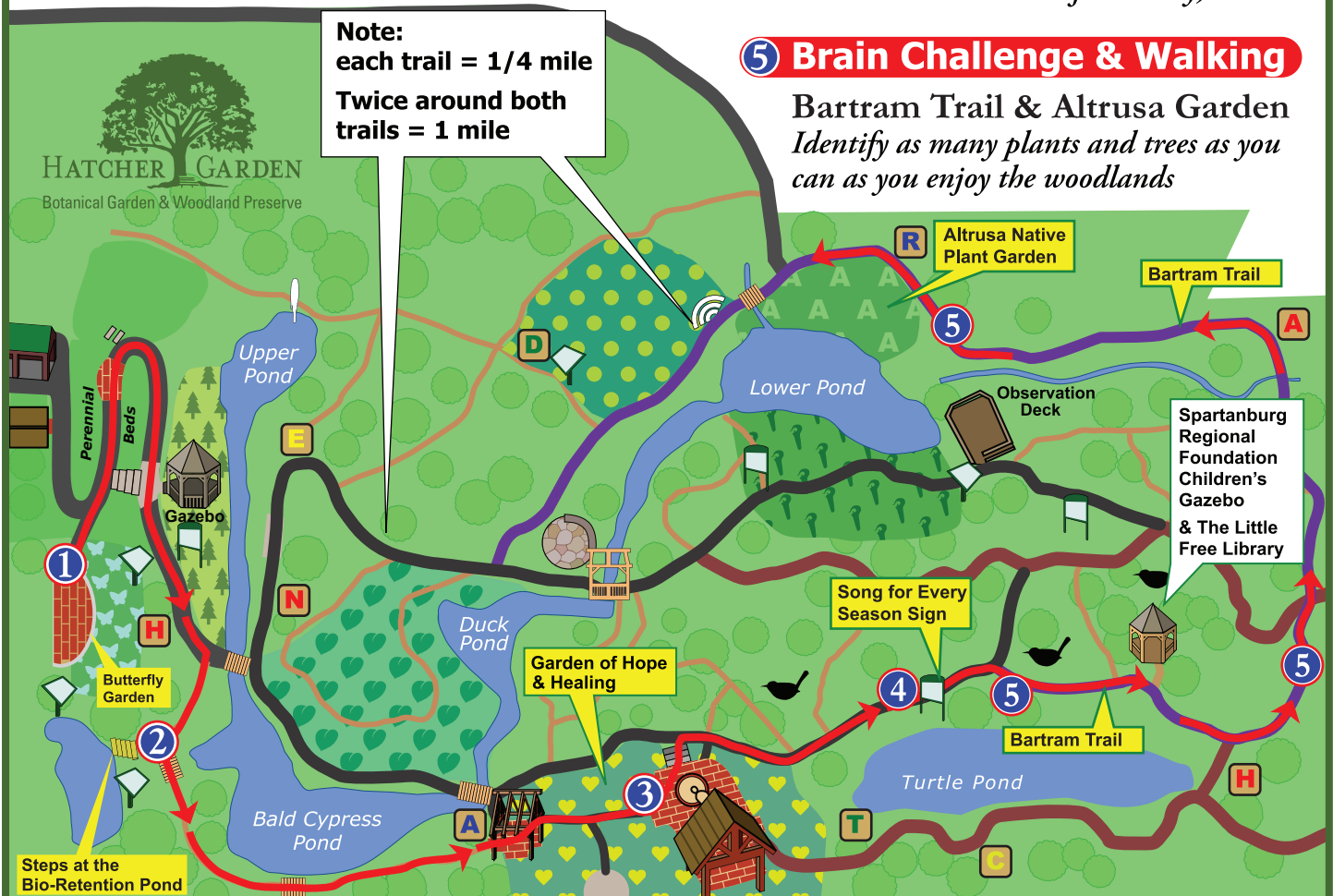
4 Upper Body Exercises

A Song for Every Season Sign
Spread your arms like a bird - Arm Circles and Shoulder Rolls (forward and backward ten times each and reaches for the sky)

5 Brain Challenge & Walking

Bartram Trail & Altrusa Garden
Identify as many plants and trees as you can as you enjoy the woodlands

Note:
each trail = 1/4 mile
Twice around both trails = 1 mile



We appreciate you returning this guide so others can use it. (Over for more →)

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Continued from other side - You are currently on the Bartram Trail.

6 Mountain Climb Challenge

Paved Path leading to the Nursery
Two times climb the hill by the brook over the rocks, at the Bartram Trail marker

7 Practice Tai Chi

Nevison Ampitheatre
Enjoy the relaxing sounds of water and peaceful sounds of nature as you take ten deep breaths and lift your arms to the sky

8 Pushups

Josephine Hatcher Woodland Garden
Ten arm pushups at the split-trunk tree

9 Calisthenics

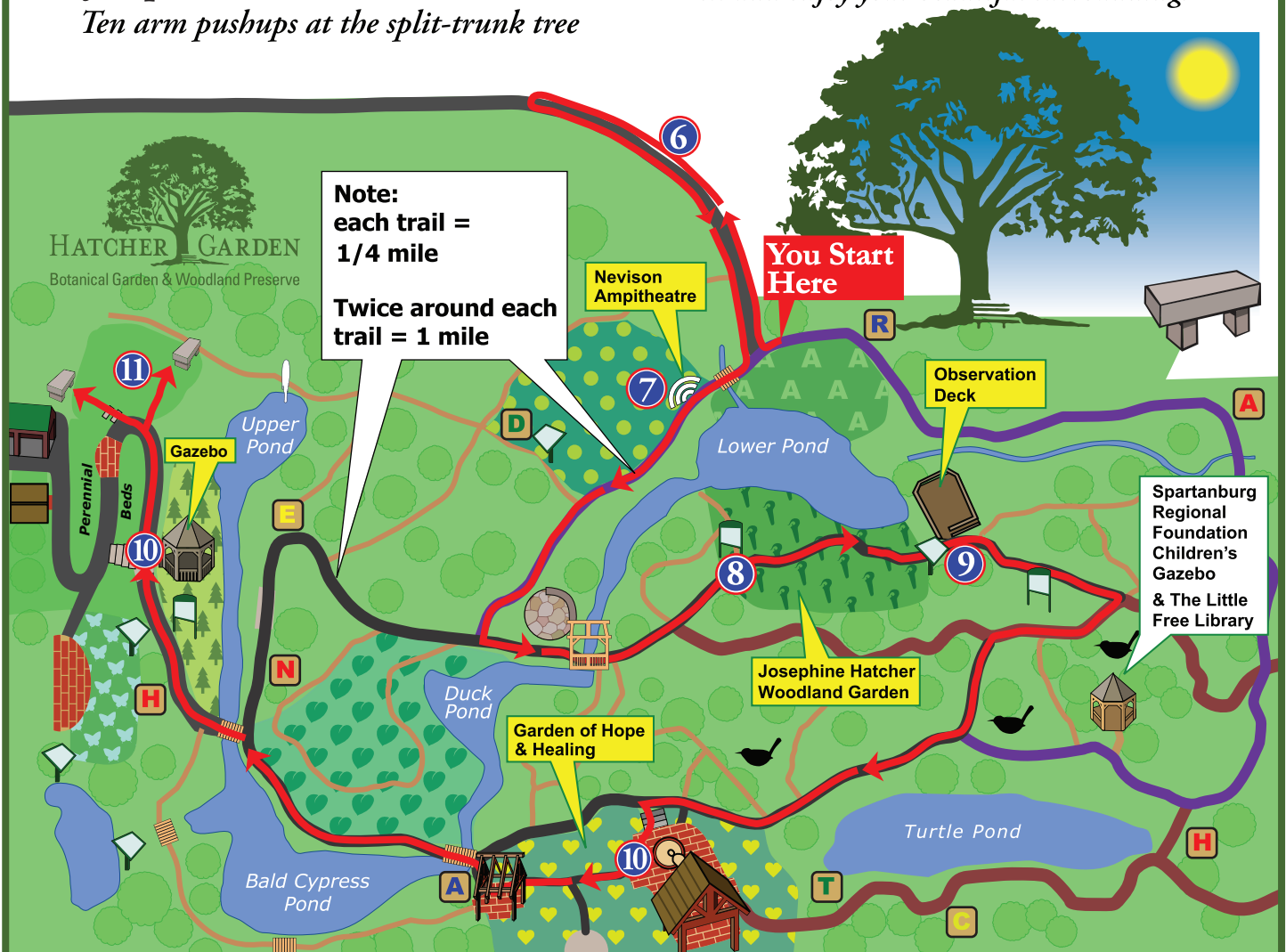
Observation Deck
Ten of each - jumping jacks, toe touches, knee lifts and heel raises

10 Closing Stretches

Garden of Hope & Healing and Gazebo
Once again stretch your mind and body

11 Relax

Find a Bench
Stay healthy by absorbing Vitamin D as you sit and enjoy your beautiful surroundings



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