

# Top reasons to be more active!

- It can help you live longer, protects you from heart disease, diabetes, cancer and osteoporosis and much more.
- Being active boosts your brain power, making you mentally sharper, refocuses your mind and improves your concentration.
- Activity can activate the happy hormone which makes you feel good, improves your mood and reduces stress.
- Regular activity can help you prevent gaining weight and help lose weight. You will build healthy lean muscle, lose inches of fat and pump up your metabolism.



## Be Safe!

- Ensure you warm up by walking slowly for five minutes before stepping up to a brisker pace.
- Cool down gently by reducing your brisk pace over five minutes back to your normal walking pace, so that your heart and blood pressure can begin returning to normal.

### Fitness Station

The 'fitness station' is part of the red trail on the old golf course. There are pieces of equipment designed to exercise all parts of the body.

### Warning

If you have a medical condition please consult your doctor before using.

The fitness station is designed for adults, children participating must be supervised.

## CommunitySpaces



Friends of



Sandall Park

[www.sandallpark.org.uk](http://www.sandallpark.org.uk)

# Sandall Park Fitness Trails

Friends of Sandall Park is a strong, hardworking, committed group of individuals who see the park as an important part of Doncaster's heritage.

Sandall Park stands on land that has seen a multitude of uses in its long history. It is now Doncaster's premier leisure park with interesting and beautiful terrain and a network of paths which have been transformed into three fitness trails. The trails provide an opportunity for individuals to improve their health and exercise in a beautiful environment.



# Sandall Park Fitness Trails

For details of events in the park visit our web site at [www.sandallpark.org.uk](http://www.sandallpark.org.uk)  
Reg. Charity No. 1120679



## It's a walk in the park!

Sandall Park has three marked trails of varying lengths. Start on a short trail and increase to the long one or walk the same trail a bit faster next time. You WILL notice an improvement in your fitness. The red trail includes a fitness station on the old golf course.



Trails	Distance	Estimated Steps	Calories <small>(based on an individual weighing 10 stone and walking at 3mph)</small>
	2.665 Km (1.64 Miles)	3280	136
	1.342 Km (0.82 Miles)	1640	68
	0.755 Km (0.46 Miles)	920	38