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 ➝)
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 Amphitheatre
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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