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**
   Near the Bird Feeder
   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

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

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