

How LifeTrail Works

LifeTrail Advanced Wellness System promotes the essential elements of good health for older adults, from good posture and balance, to greater flexibility, strength, and endurance. Here's how it does it:

Functional Fitness

Functional fitness exercises emulate natural movement patterns, like squatting, bending, and pulling, for greater ease with real-life tasks.

Closed-Chain Exercises

Rather than isolating the muscles to work them independently, LifeTrail uses closed-chain exercises, an integrated approach that keeps the user's feet in contact with the ground as they bear their own weight, making the muscles work together just as they do in daily life.

Body-Weight Training

Users apply their own body weight as resistance to build total-body strength, flexibility, and balance.

Joint Stabilization

A complete workout on LifeTrail actively stretches most of the body's muscles—including the smaller, joint-stabilizing muscles that many workouts overlook.

Progression

Three levels of intensity allow users to work out at their comfort level and progress as their fitness improves.

Frequency

Each station offers three activity panels and multiple exercises to keep workouts fun and challenging, which keeps users motivated to exercise regularly.

Ease of Use

Large images and text make the instructions easy to read and understand. Plus, safety bars help beginners get accustomed to the equipment, but can be relied upon less as comfort level grows.



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TIPTON PARK LIFETRAIL

Older, active adults can have the freedom of revitalizing fitness with LifeTrail Advanced Wellness System, the outdoor workout designed to make it easier for users to perform daily tasks and enjoy a better quality of life.

*Tipton Park is located at:
2410 GE Road, Bloomington, IL*



TIPTON PARK LIFETRAIL STATIONS

1. WELCOME STATION
FOR LIFETRAIL
2. LOWER BODY WARM UP
3. BENCH STEPPER
4. TORSO STABILITY
5. UPPER BODY WARM UP
6. STANDING PUSH UP
7. FOREARM ROLLS
8. UPPER BODY STRETCH
& STRENGTHEN
9. BALANCE STATION
10. LOWER BODY STRETCH