

The 9 station Fit-Trail is an outdoor exercise system installed along the DHMC Loop Trail.

It consists of exercise equipment with instructional signs and is designed for the novice or conditioned athlete.

Progress along the trail at your own pace. Fully illustrated instructions are posted at each of the exercise stations. The Fit-Trail has been designed to include exercises for flexibility, cardiovascular conditioning, muscle strength and muscle endurance; in other words, a full-body workout.

If you need any assistance or guidance please contact Employee Wellness at (603) 650-5950.

**"Movement is a medicine
for creating change in a
person's physical, emotional
and mental states."**

Carol Welch



Acknowledgements

The Fit-Trail® is dedicated to Dr. Robert K. McLellan and his vision to promote employee and patient health and well-being.

The Fit-Trail® is brought to you by Employee Wellness

With Special thanks to:

DHMC Grounds Crew
The Helmut Schumann Foundation
Hitchcock Foundation

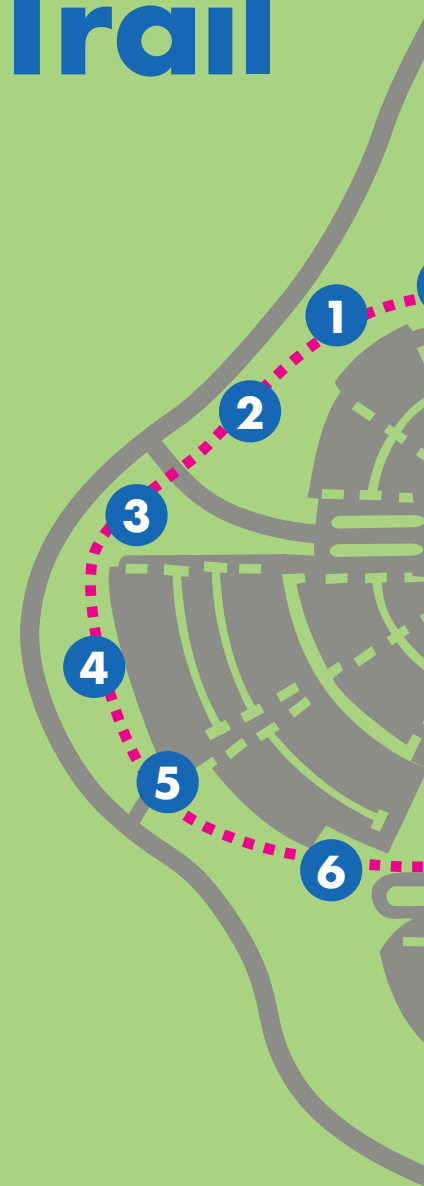


EAP | LIFESTYLE

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Dartmouth Hitchcock Medical Center

Fit-Trail®



Dartmouth
Health

**Start
Here**



1 Calf Stretch



**2 Hamstring Stretch
Quadriceps Stretch**



3 Bent Knee Hang



**4 Sit Up
Leg Raise**



**5 Leg Stretch
Push Up**



**6 Body Raise
Reverse Pull Up**



7 Balance Walk



**8 Side Bend
Target Heart Beat Range**



**9 Hamstring Pull
Lift and Drop**



**DHMC
9 Station
Fit-Trail® System**