



Dairylands Trail

First fitness station — corner of Third and Birch Streets



Welcome to the first fitness station of the Dairylands Trail, a personal wellness and walking route that will stretch the 2 miles between the Adventist Health Plaza clinic at 1100 Third Street on the west side of the city of Tillamook and Tillamook Bay Community College at 4301 Third Street on the east side.

Funded through an Innovation Seed Money grant received in 2017 from Adventist Health headquarters in Roseville, CA, this personal wellness structure allows individuals to incorporate resistance and strength exercises with the aerobic activity of walking.

1. **Stretch Bar:** Designed for stretching exercises and is additionally suitable for training a range of different muscle groups. The Stretchbar can be used for doing pull-ups, squats or push-ups. The distance between the bars varies, making it possible to do a range of exercises.

2. **Leg Lift Station:** The Leg Lift Station is created for maximum strengthening of the shoulder areas. Standing between them, simply take a hold and start lifting yourself. Your own body weight defines the intensity of the exercise, so even without prior experience, users will quickly become comfortable with this type of training. Strength is vital for our

overall health. The Leg Lift Station trains your shoulders, chest, upper back and triceps.

3. **Core Cyclor (two exercise stations in one):** The Sit Up Bench provides a comfortable place to perform a known exercise to the fullest. We've tilted it slightly backwards and provided a supporting arm to help you maintain the optimal position during the exercise. The Power Bike is perfect if you are looking to improve your fitness and health. It offers no resistance which allows you to personally define the intensity of the exercise. The Sit Up Bench improves your abdominal wall, while the Power Bike helps build your cardiovascular fitness.

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