

LifeTrail Programming Ideas

Whether you are a program director for a private residential facility or a public park and recreation department, your new LifeTrail needs to be used to be effective. Below you will find some simple programming ideas for how LifeTrail can help to foster a more active lifestyle for as many of your residents as possible.

The programming ideas suggested in this guide range from loosely structured and as self-directed as possible, to more organized and team-type competitions.

Non-Team Activities:

Measuring Individual Results

Encourage users of LifeTrail to monitor their individual progress as they use the trail over a period of time. With the help of signs and LifeTrail printed material, users can record their personal improvement in both repetition trail levels (beginner, middle and upper). The following show a progression of trail use to be included in the printed materials:

Participants start by recording the number of stations they can complete at the beginning level of exercise. Then during each subsequent visit, they record the number of additional stations completed. The first goal is to be able to complete all stations at the beginning level. Once participants achieve this first level with ease, their next objective will be to move to complete as many stations as possible at the middle level of exercise. Again, once participants can complete all stations at this level with ease they will progress to the upper level of exercise.

LifeTrail Pedometers

Once you have installed your LifeTrail Wellness Stations, you will be given the opportunity to purchase a supply of customized LifeTrail Pedometers at a greatly reduced price. (See Order Form for details.) Simply distribute - or loan - the pedometers to your residents as an incentive to begin a fitness program that emphasizes walking and utilizes LifeTrail. Help participants to operate the simple mechanism, and record their average daily or weekly step-count BEFORE beginning the fitness program to establish a baseline. Then help them set daily or weekly targets to gradually increase their step-counts until they reach their optimum activity level. Wearing a pedometer can be a powerful motivator to keep people moving!