

SURFBOARD



FUNCTION:
To strengthen waist and increase flexibility.

INSTRUCTIONS:

Grip handles. Stand, feet together on pedal. Bend knees slightly & rock gently side to side. Swinging's the thing!

SHOULDER WHEEL



FUNCTION:
To improve flexibility and strengthen shoulders.

INSTRUCTIONS:

Hold both handgrips then let your body follow the turn of the wheel in both clockwise and counter clockwise directions.

THE BENEFITS OF REGULAR EXERCISE

No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss.

No. 2: Exercise combats health conditions and diseases

Regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

No. 3: Exercise improves mood

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

No. 4: Exercise boosts energy

Regular physical activity can improve your muscle strength and boost your endurance.

No. 5: Exercise promotes better sleep

Regular physical activity can help you fall asleep faster and deepen your sleep.

No. 6: Exercise can be fun

Exercise and physical activity gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.

The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day.

THE CITY OF GULF BREEZE

NEW OUTDOOR EXERCISE EQUIPMENT



The City of Gulf Breeze has started a new program called

***“Healthy Eating and Active Life Style”
(HEAL—Gulf Breeze)***

As part of this initiative, the City has installed six pieces of outdoor exercise equipment with its' senior residents in mind, but for use by all ages. HEAL Gulf Breeze is a program initiated by Mayor Beverly Zimmern and the City Council to encourage citizens to eat healthier and to become more active. The new exercise equipment has been placed along the new sidewalks that have been installed around Shoreline Park and the Gulf Breeze Community Center.

RANGE RIDER



FUNCTION: To provide cardio-pulmonary exercise and strengthen shoulders, back, thighs and calves.

INSTRUCTIONS: Properly seated with feet on pedals, grasp handles with both hands. Push with feet and pull with hands then vice versa.

WEIGHT LIFTING TERRAINER



FUNCTION: To strengthen legs, waist and shoulders.

INSTRUCTIONS: Squat with shoulder below bar. Grip bar with both hands, then stand up slowly and lift bar with shoulder then squat repeatedly for 2-4 repetitions.

ELLIPTICAL TERRAINER



FUNCTION: To improve coordination and flexibility by engaging arms and legs via cardiovascular workout.

INSTRUCTIONS:

Place feet on the pedals, grip handles, then step up & down.

FLEX BAR



FUNCTION: To build triceps and shoulder muscles and improve overall body coordination.

INSTRUCTIONS:

This equipment can be used for a variety of core strengthening exercises, including push-ups, dips and hand walking.

