

Wellness Trail



Wellness Trail

For people who like to get out, move around and stay healthy, we've got something just for you — the Holland Wellness Trail!

Take the half-mile loop, walk a mile, or string things together and make it a real hike. Start small and work up, set goals and get started.

Just follow the arrows. And don't skip the workout stations. They'll give your arms, upper body, and legs another way to tone up and be healthy. Different stations have different exercises—all low-impact and safe. Choose your pace. Choose your place. So hit the Wellness Trail. We'll see you out there!

Print the entire Wellness Trail map out below in from pdf.

Supporting Documents

 [Wellness Trail brochure](#)

Source URL (retrieved on 2015-01-26 11:22): <http://www.cityofholland.com/parksandcemeteries/wellness-trail>