

The City of Anniston Dr. David Satcher Health & Wellness Trail

Length: Two Blocks

Time: Variable

Effort Level: Moderate

1. Plyometrics Station

Increases quick response and elastic properties of the major muscles in the body.

2. Tai Chi Wheels

Promotes flexibility, enhances relaxation and meditation. Evenly tones muscles without strain.

3. Chest/Back Press

Builds equal endurance for opposing muscle groups. Change the level of resistance by turning the knob on the base.

4. Squat Press

Builds leg and hip muscle endurance. Change the level of resistance by turning the knob on the base.

5. Cardio Stepper

Provides a cardiovascular/step aerobic workout. Change the level of resistance by turning the knob on the base.

6. Pull-Up/Dip

Provides multiple strength-building exercises for the upper body.

7. Balance Steps

Improves balance, coordination, lower, upper and core body strength and flexibility.

8. Mobility Station

For developing balance and essential functional fitness skill. Good exercise for joint replacement rehabilitation.

Please consult your healthcare professional before starting any exercise program.

The Health & Wellness Trail is maintained by the City of Anniston. Please report any issues to Steven Folks, PARC Director, sfolks@annistonai.gov or 256-236-8221.

