

# LivingWell Fitness Trail

Physical activity + nature + technology + inspiration = inspired fitness!



Welcome to the Adventist Health Portland LivingWell Fitness Trail featuring the QR FitTrail System. The new fitness trail runs the perimeter of the scenic Adventist Medical Center campus providing a fun way to gain the benefits of physical activity in a beautiful natural setting.

The one-mile outdoor fitness trail, and other locations in and around the campus, incorporate a series of QR code trail signs. The first sign welcomes guests to the program and links to a warm-up routine. At each of the following stations guests use their smart phones to scan a QR code and gain immediate access to brief video exercise demonstrations on strengthening the core, lower body, upper body, and/or on improving flexibility. Body weight provides the perfect resistance, so no extra equipment is needed – other than a smartphone. Each video clip is led by a certified fitness trainer and features beginner, intermediate and advanced fitness levels. To keep things fresh and challenging, the videos change each month.

Each fitness trail station includes inspirational thoughts as well as links to health tips, recipes, special events, maps, and other helpful resources.

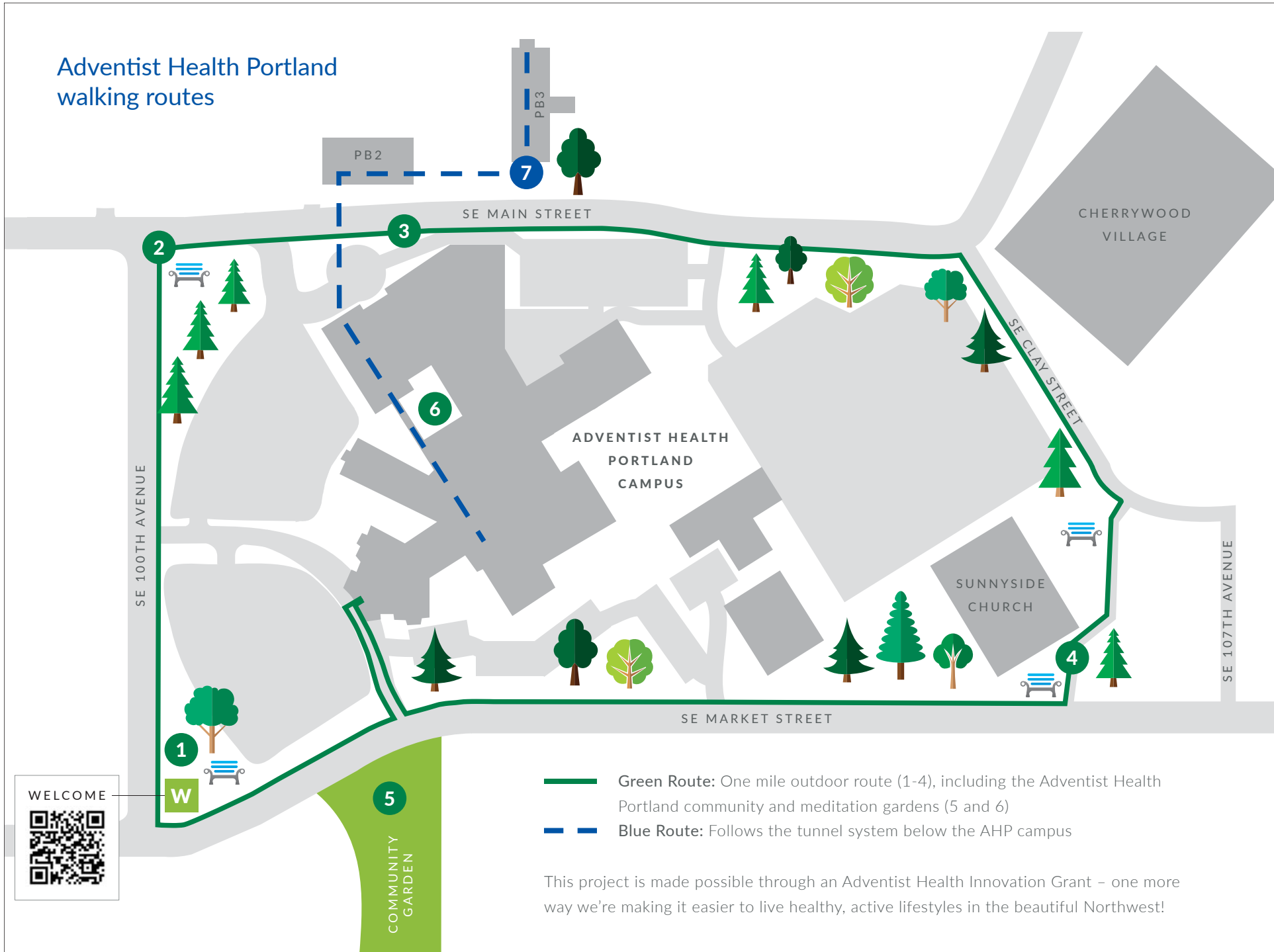
**Sign-up for the Adventist Health Fitness Trailblazer mailing list, and you could win prizes for participating in simple wellness challenges.**

## Here's how it works:

1. Download a QR code-reading app, like Quick Scan, or QR Code Reader by Scan
2. Visit any Adventist Health Fitness Trail sign
3. Hold your smart phone up to the QR code on the sign
4. A video will pop up with an exercise demo from a certified fitness instructor
5. Watch the video, complete the exercise, and move on to the next code, or station\*
6. Repeat the process as your time allows

\*Tip: You can view videos you've previously scanned and complete the exercises anytime, anywhere.

# Adventist Health Portland walking routes



- Green Route:** One mile outdoor route (1-4), including the Adventist Health Portland community and meditation gardens (5 and 6)
- Blue Route:** Follows the tunnel system below the AHP campus

This project is made possible through an Adventist Health Innovation Grant – one more way we’re making it easier to live healthy, active lifestyles in the beautiful Northwest!