

UCR

Healthy Campus Initiative - Physical Activity Subcommittee

Fitness Trail Proposal

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Physical Activity Subcommittee

HEALTHY CAMPUS INITIATIVE

The Healthy Campus Initiative invests in improving the health and quality of life of our UCR campus community.

9 Subcommittees



Making the Healthy Choice, the Easy Choice.

R' TRAIL – PROPOSED ROUTE



Extended route - through open space: 3.1 miles

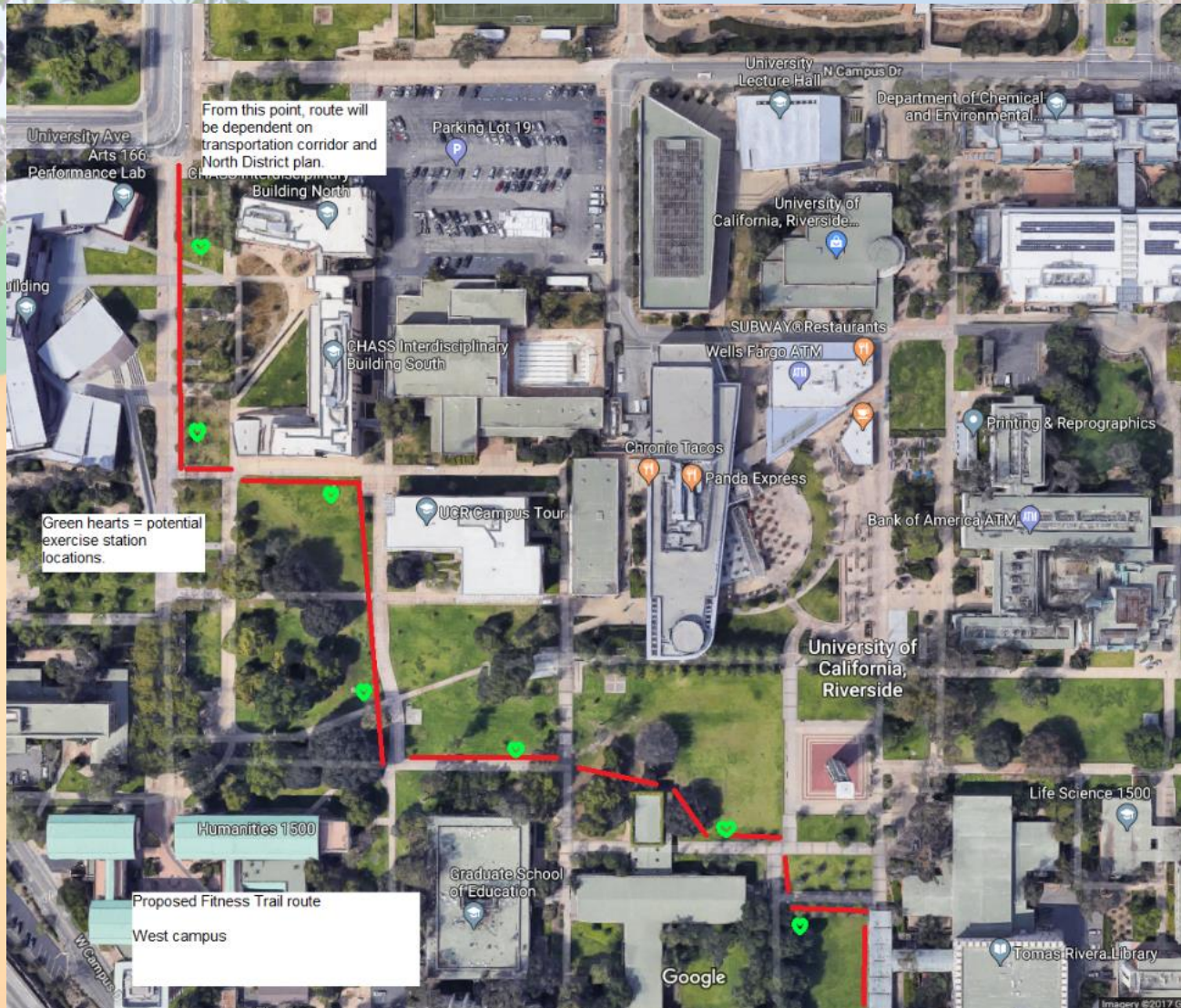
Abridged route (Eucalyptus/E Campus): 2.2 miles

North District route may add up to ½ mile

Proposed Fitness Trail route.
Campus overview



R' TRAIL - WEST CAMPUS





R' TRAIL - WEST CAMPUS



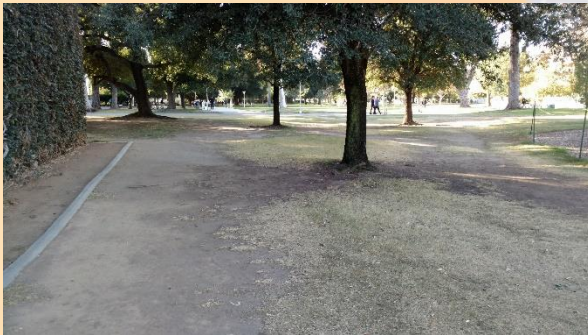
BETWEEN CHASS AND ARTS



SOUTH CHASS



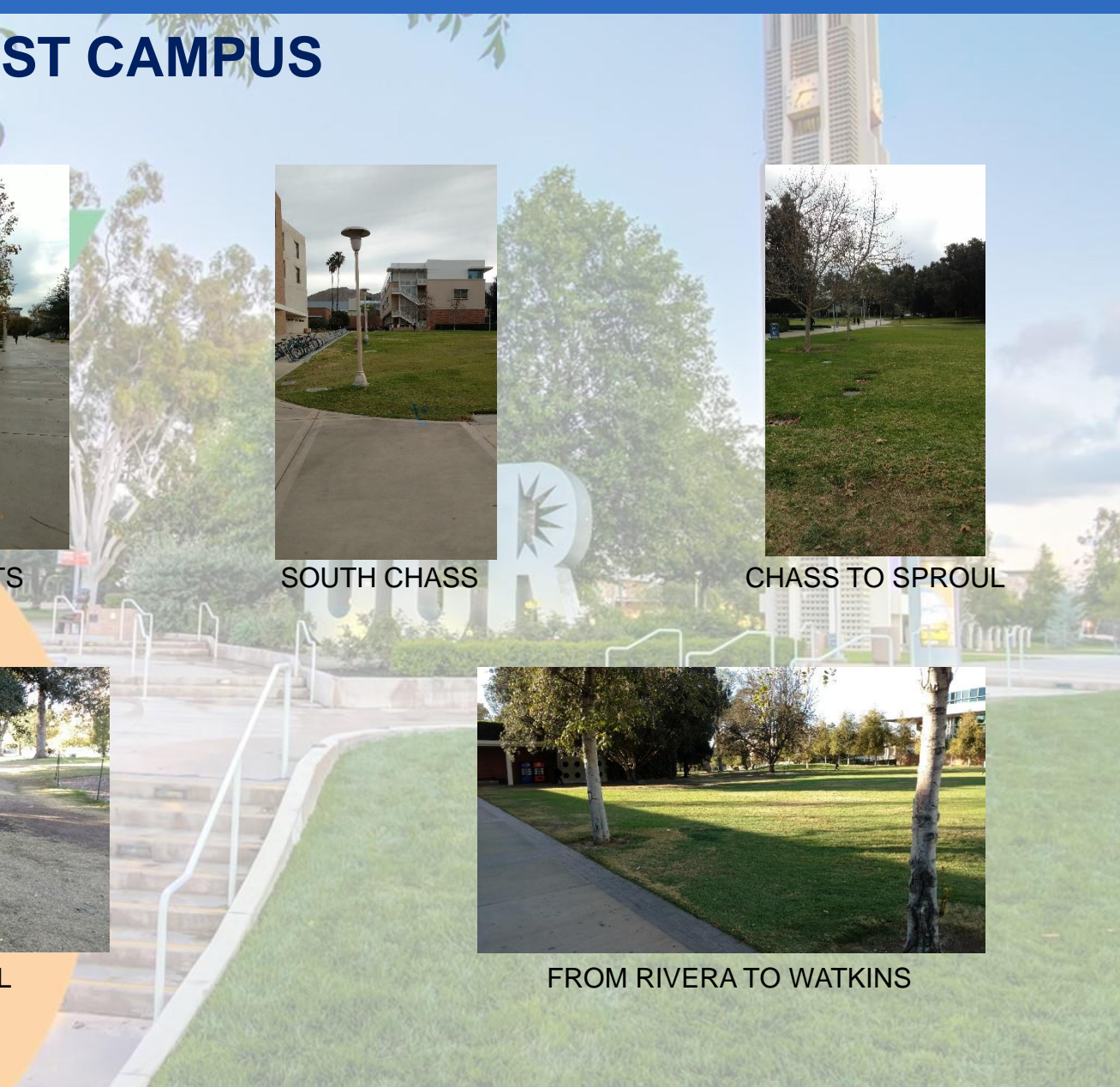
CHASS TO SPROUL



FRONT OF WATKINS HALL

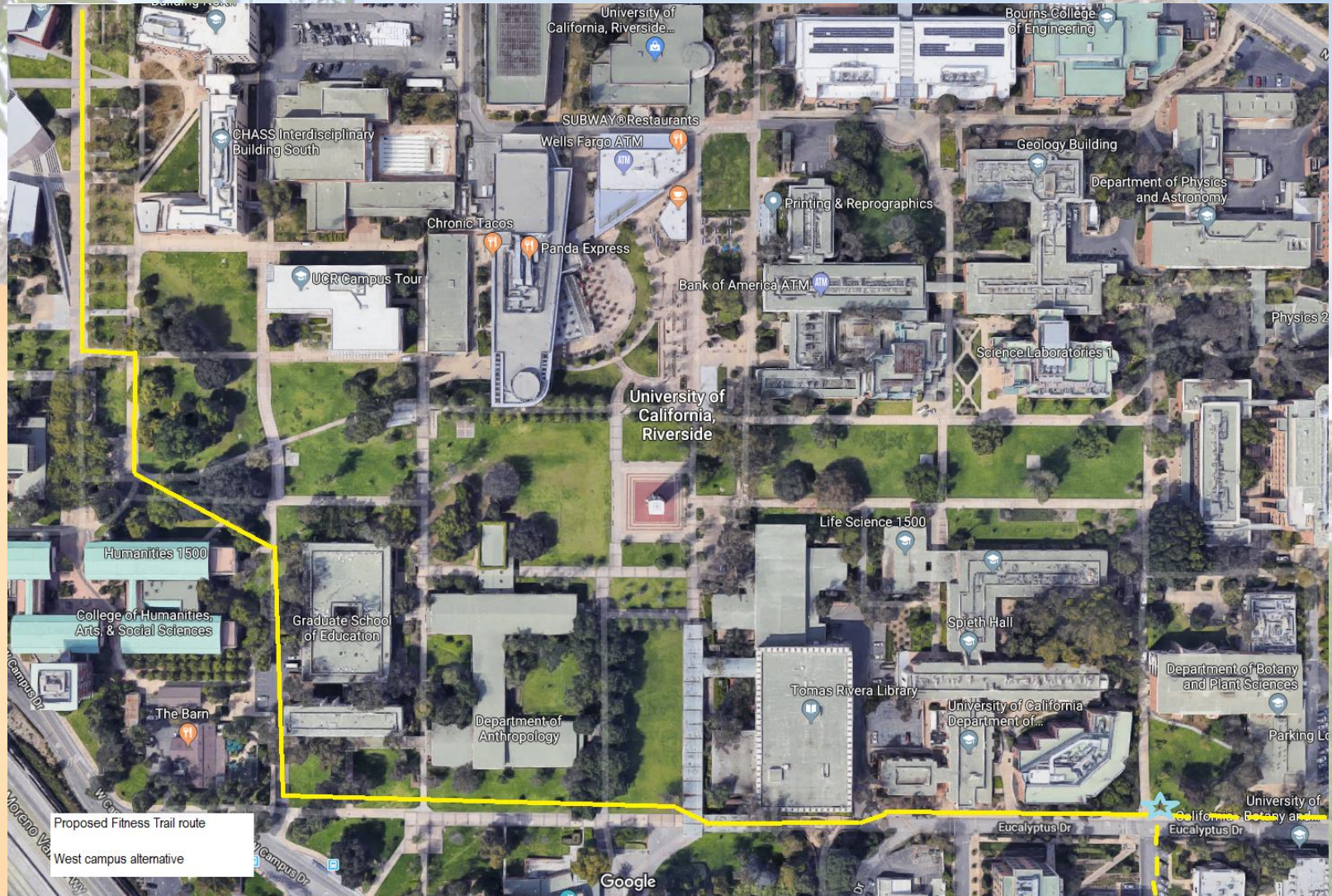


FROM RIVERA TO WATKINS





R' TRAIL - WEST CAMPUS ALTERNATIVE

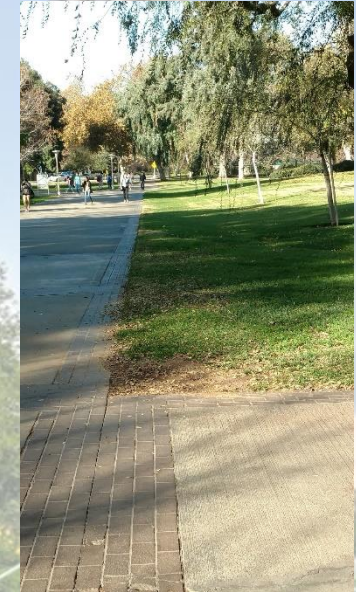




R' TRAIL - WEST CAMPUS ALTERNATIVE



BETWEEN CHASS AND ARTS



EUCALYPTUS
WALKWAY
BEHIND SPROUL
/ WATKINS

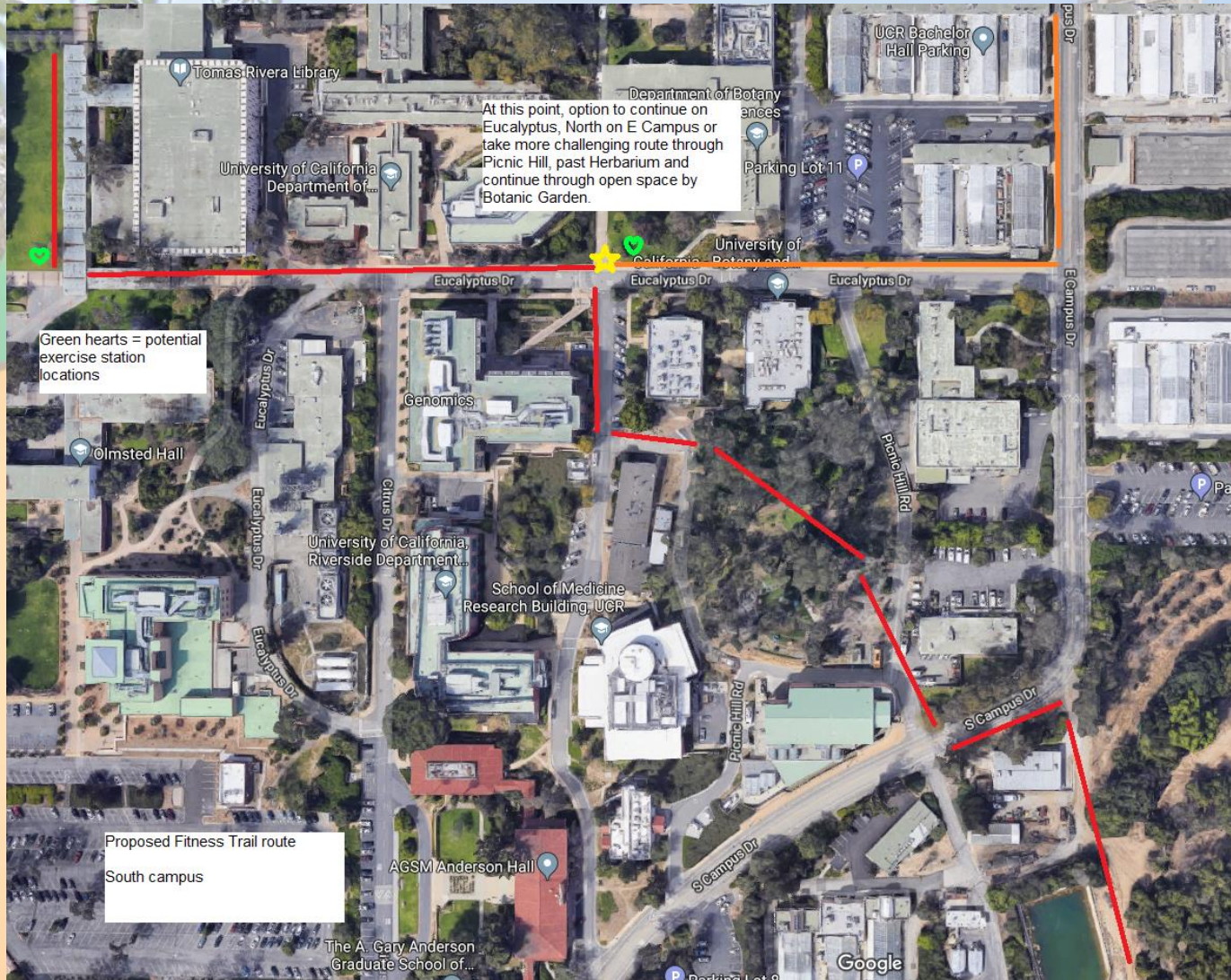


FRONT OF HUMANITIES





R' TRAIL - SOUTH CAMPUS





R' TRAIL - SOUTH CAMPUS



LOT 12: PICNIC HILL - EUCALYPTUS



SERVICE ROAD
EAST SIDE OF
HERBARIUM



PICNIC HILL

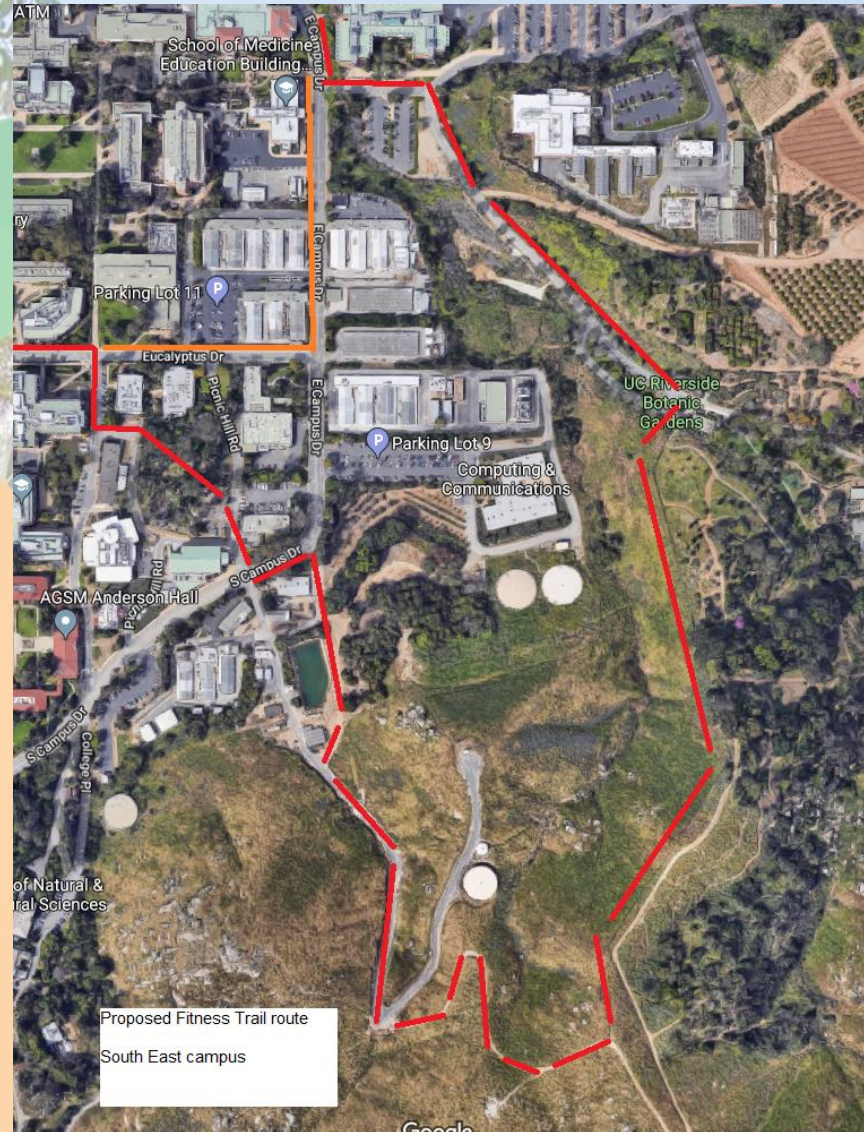


SERVICE ROAD
BEHIND HERBARIUM





R' TRAIL - SOUTHEAST CAMPUS





R' TRAIL - SOUTHEAST CAMPUS



SERVICE ROAD UP TO WATER TANKS



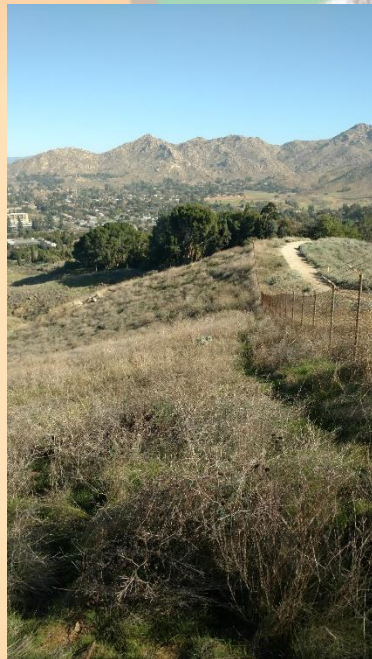
TRAIL UP TO BOTANIC GARDEN BORDER



R' TRAIL - SOUTHEAST CAMPUS OPEN SPACE



VIEW FROM THE TOP



BOTANIC GARDENS FENCE LINE



DROP TO B.G. ROAD

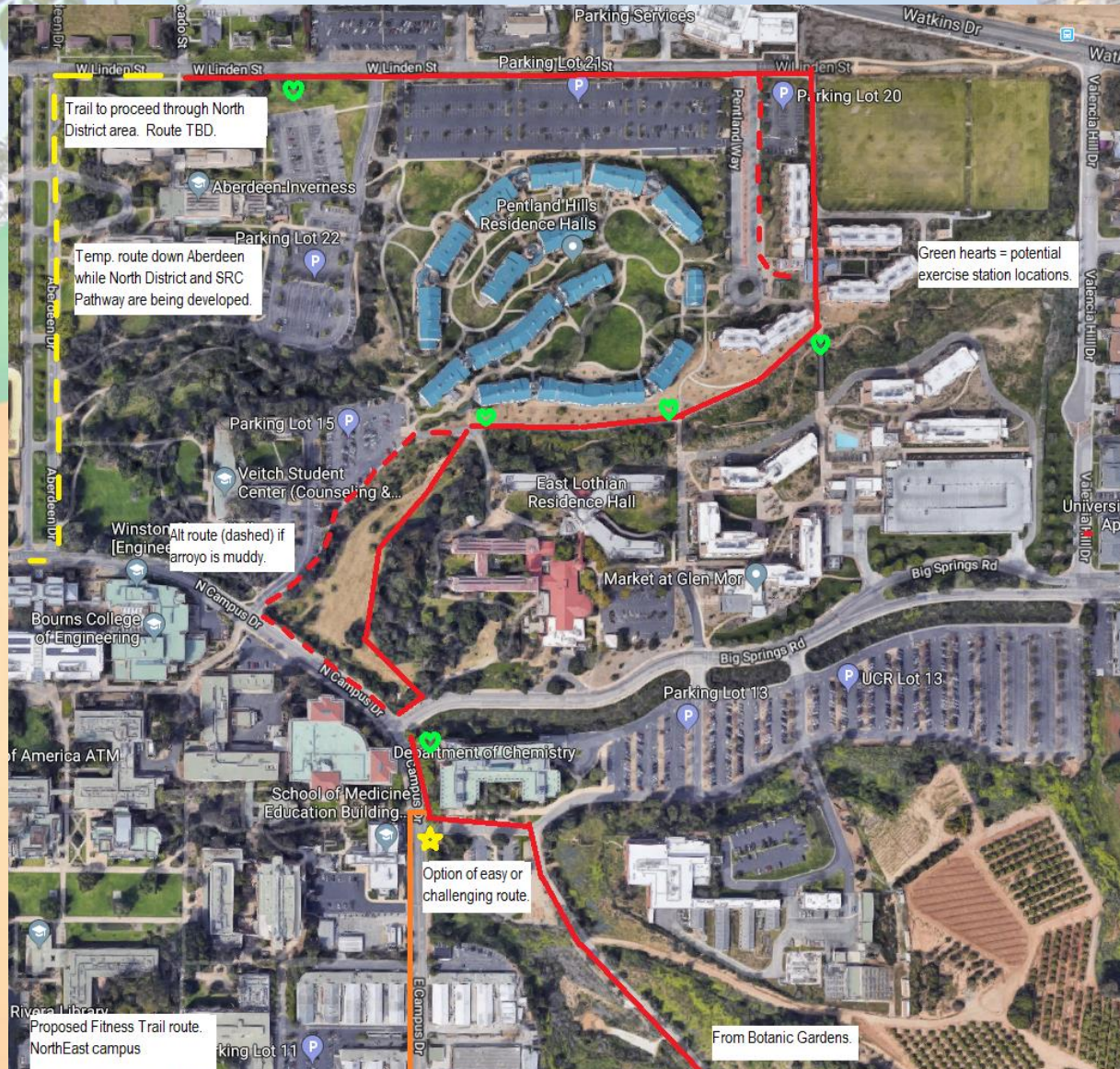


HILL APPROACH FROM BOTANIC GARDENS ROAD





R' TRAIL - NORTHEAST CAMPUS





R' TRAIL - NORTHEAST CAMPUS



BIG SPRINGS RD/N CAMPUS
GOING INTO THE ARROYO



INSIDE THE ARROYO



SERVICE ROAD BEHIND
PENTLAND/GLEN MOR

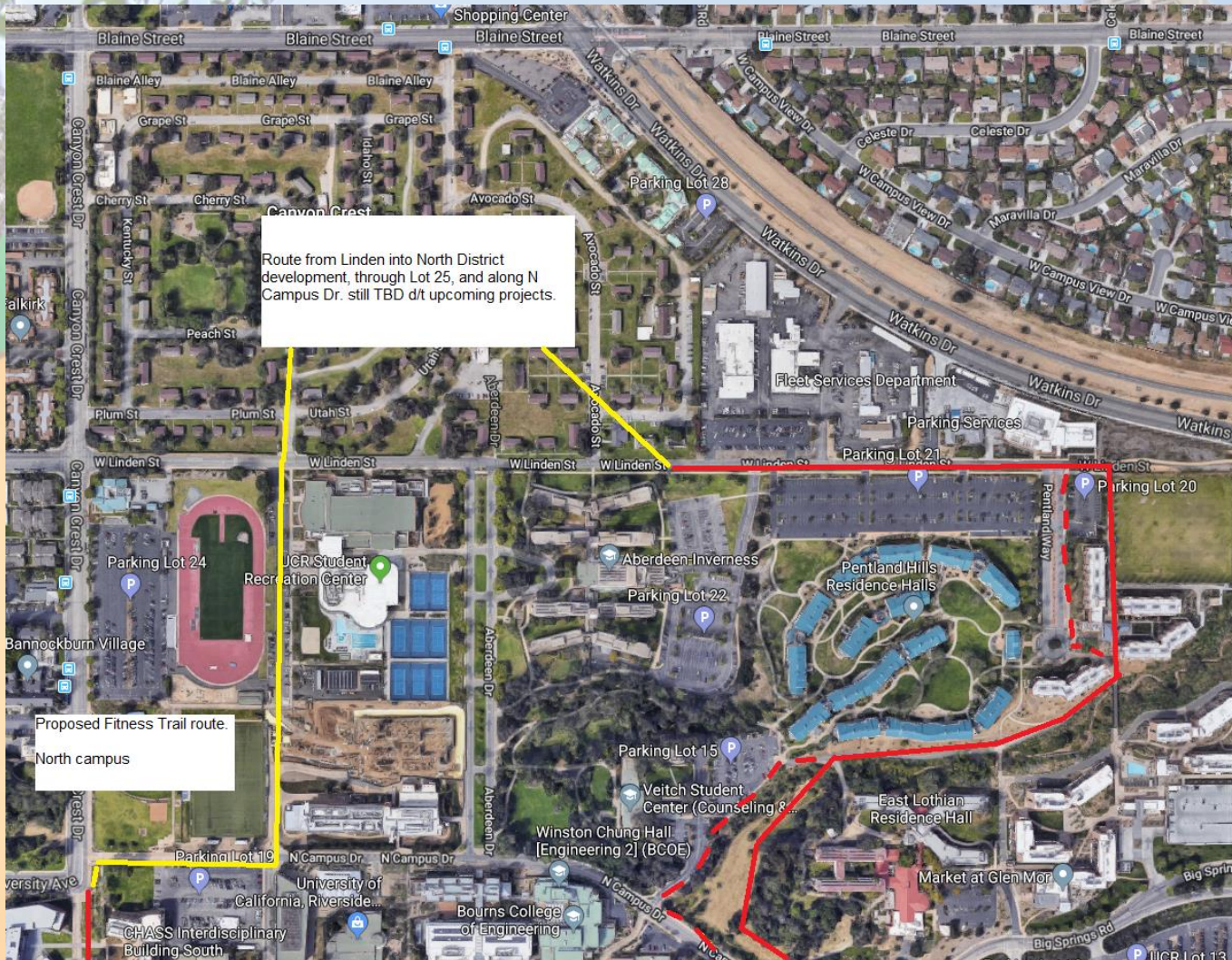


NORTH END OF ARROYO
BY PENTLAND





R' TRAIL - NORTH CAMPUS



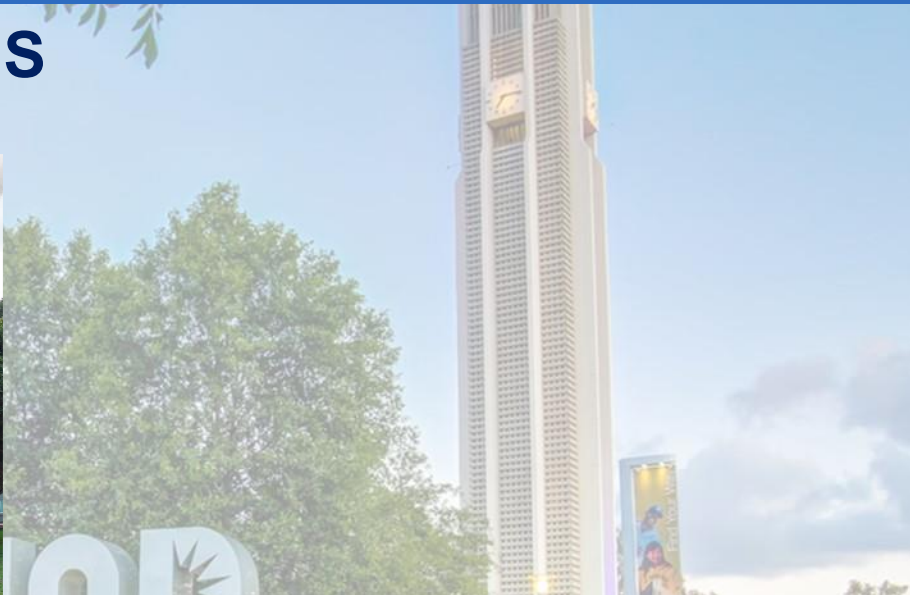


R' TRAIL EXERCISE STATIONS



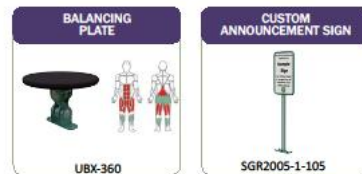
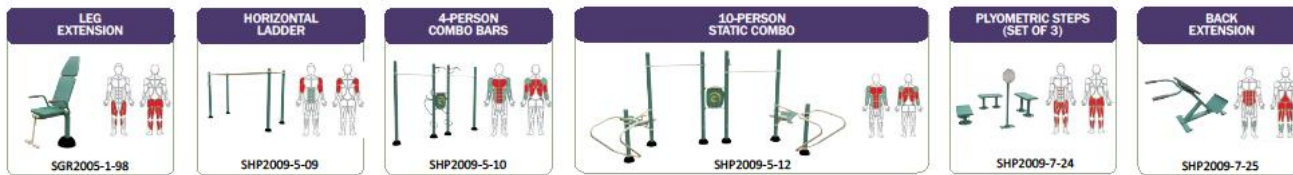
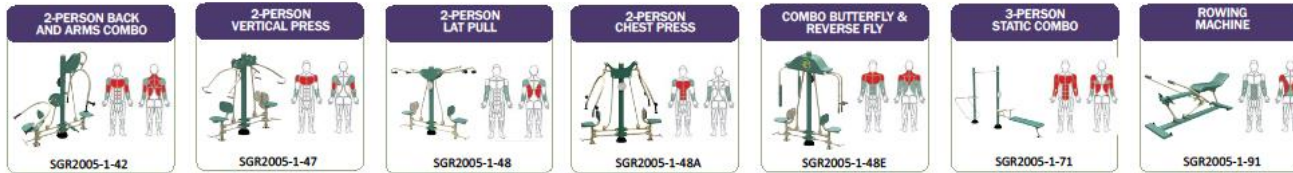
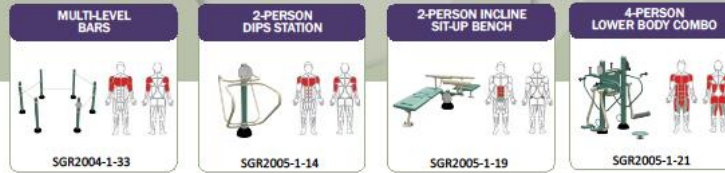
10 stations with two pieces of equipment and signage at each.

Pad would be concrete.
Rubberized would be more attractive if funding were available.

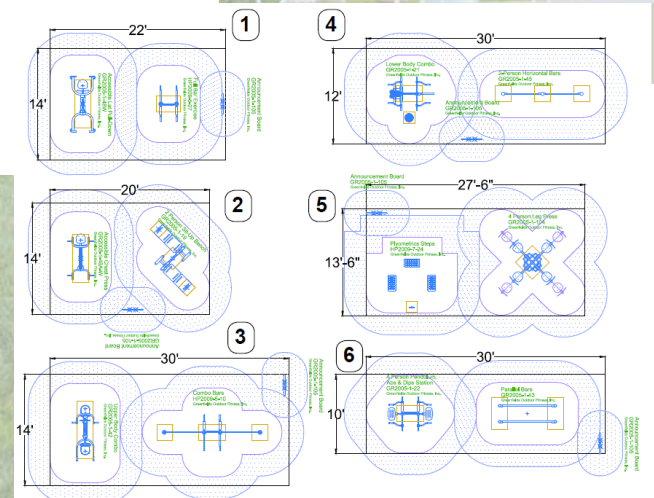




EXERCISE STATION EQUIPMENT



STATION FOOTPRINTS



STATION SAMPLE EQUIPMENT





FUNDING POSSIBILITIES

- Capital improvement funds?
- Healthy Campus Initiative funds
- Grants
- Corporate/private sponsorships
- Community service projects (labor, maintenance)

2-SIDED ROTATOR

This apparatus has one rotary seat and one stand which swivel a full 360 degrees to stretch the obliques and the abdominal muscles. The exercise also serves to align the spine and lower back.

Grasp the central bar with both hands in order to keep the shoulders square.

Twist your hips from side to side, keeping the shoulders stationary throughout the motion while the trunk rotates.

Cautiously extend the range of movement to each side, sometimes holding the maximum stretch.

Exercise a minimum of two, up to several minutes.

Station 2 Sponsored By
Dr. Jim & Roxie Underwood & Family
Marble, Rowland, Jones, Christy
Pitts, Swanson, Blanges, Clark

ROWER

This rowing apparatus simulates the action of pulling in a rowboat. It builds the strength of the latissimus dorsi, as well as the shoulders and the muscles that support the spine.

Pull the rower arms towards the chest and return. Resistance is controlled by your body weight and your position on the seat. Experiment to find the most effective position.

Continue the exercise for a specific number of repetitions or time period. Rowing provides aerobic conditioning as well as strength training and can be an effective calorie burner.

Station 3 Sponsored By
St. Mary's Good Samaritan
Sponsored by Melissa Jensen at UCR/Health Care

POMMEL HORSE

The Pommel Horse features three exercise positions with bars which allow assisted dips to be performed. The resistance is controlled by the vertical force provided by the legs. The more the feet are underneath the body the more assistance can be applied.

Push from a position with the elbows bent to a straight arm position. Focus on the extension of the triceps.

The bars can also be used for in-lined push-ups and for abdominal exercises where the legs and feet are lifted from the ground to form an "L" position.

Station 9 Sponsored By
UCR
CAL & ASSOCIATES, INC.
DUPONT & CHRYEN
SILVERDALE, INC.
UCR

STRENGTH & STRETCH BARS

The modified push-up is a very effective upper-body strengthening exercise which builds your triceps, deltoids, and biceps. These are the same benefits achieved with regular push-ups. Try different grips, narrow and wide. The lower the bar height, the more resistance.

Modified pull-ups exercise the same muscle groups required of chin-ups. Position yourself under the bar with the feet planted on the ground. Pull with the rowing action until the chin is above the bar. The resistance is variable based on the height of the bar. Try narrow and wide grips as well as a reverse grip.

Other strength and stretch exercises include alternating leg swings, lunges and deep knee bends.

Station 10 Sponsored By
UCR/Health Care



DOWN THE ROAD



Dependent on R' Trail utilization / campus requests.

A centralized exercise hub that allows for a larger number of users to perform multiple exercises.





BUT FIRST - THE BIG QUESTION

Is this something the campus community wants?

In order to move this project forward, we need to demonstrate a strong desire from the UCR community (Students/Faculty/Staff) for the development of R' Trail.

Does your organization find value in the development of a fitness trail on campus? Let us know.

We need statements of support.

- Group you represent (can also be from an individual)
- Why you feel the campus would benefit from R' Trail
- If applicable, how you envision your group would utilize the trail once completed.

Statements of support and any questions can be forwarded to Ed Marchall – Physical Activity Subcommittee co-lead at: edward.marchall@ucr.edu

THANK YOU