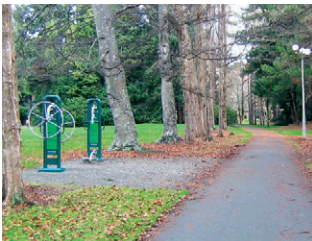


Queens Park

Fitness Track



Being active benefits your **health and well being**. Active people not only feel better but also reduce their risk of dying prematurely and developing diseases such as heart disease and cancer.



Regularly using the **Queens Park Fitness Track** will help your overall health and total body fitness. Jogging around the Fitness Track involves cardio-vascular fitness, while the exercise stations provide the essential elements of stretching and upper body strength.

The Fitness Track **starts** and **finishes** at the car park off Queens Drive, near the Southland Boys' High School tennis courts.

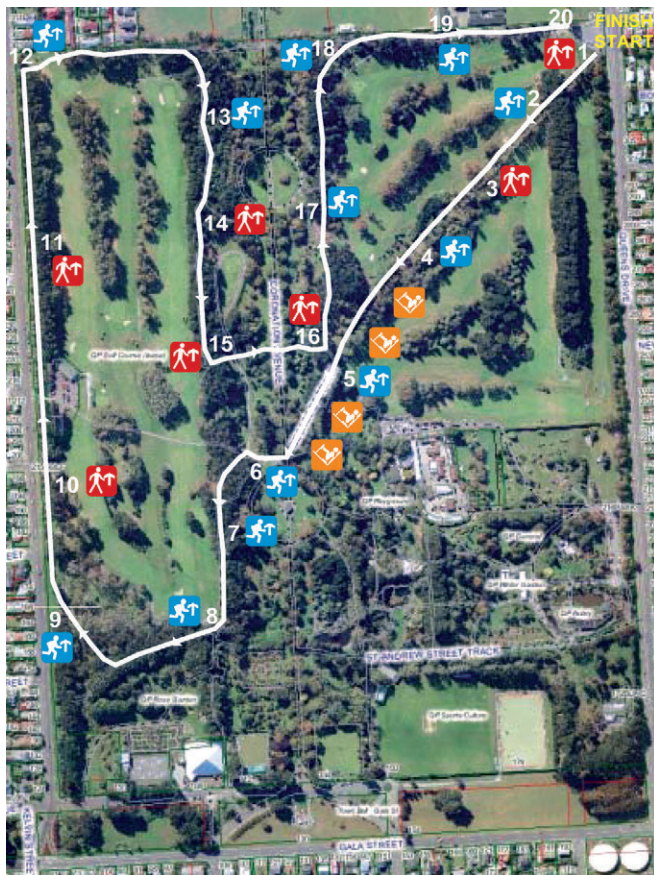
There are **twenty** signposted fitness stations with directions for appropriate use of equipment. **Four** outdoor fitness equipment pieces are located along the fitness track (between stations four and six) and the range of this equipment may increase depending upon demand.

The **3.4 km - long** Fitness Track passes through the northern area of Queens Park on a range of running surfaces. The track is in an area that minimises conflict with other park users.

Regularly using the Fitness Trail is a smart and cost effective way to stay healthy.

Queens Park Fitness Track

3440 metres



Run to next station



Walk to next station



Outdoor fitness equipment



For more information contact:

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