

What is LifeTrail®?

LifeTrail is comprised of a series of ten Wellness Stations along a paved walking trail. Each station has an activity that has been developed to address the major components of a well-rounded fitness program for adults 50 years and older.

The premise for LifeTrail is simple: the most common form of outdoor recreation among adults over 50 is walking. LifeTrail encourages strength, flexibility and balance exercises in combination with a normal walking routine.

Performing a series of upper and lower body exercises at each of the stations will help individuals enhance cardiovascular efficiency. Five (5) stations contain a Wheelchair/ADA Accessible Option.



Product Snapshot

- Outdoor fitness equipment
- Created for older adults
- Ten exercise stations
- Promotes strength, balance, stamina and socialization
- Based on the latest advancements in functional fitness



Directions to the LifeTrail®

From Interstate 78

Take exit #55/CEDAR CREST BLVD onto S CEDAR CREST BLVD toward Allentown. Turn right on HAMILTON BLVD (PA-222N). Turn left on OTT St. Turn left onto HONORCHICK DR.

From Route 22

Take the CEDAR CREST BLVD exit. Make a sharp left turn on N CEDAR CREST BLVD. Turn left on PARKWAY BLVD. Turn right on



How the Club Works

If you want to meet new people and participate in a fun, healthy, and free fitness program then LifeTrail is a great way to begin.

LifeTrail Club members can earn chances to win prizes just by walking the trail and using the stations. The more often you visit LifeTrail, the more likely you are to win – and the quicker you can improve your fitness level!

As a LifeTrail Club member, you will also have the privilege to attend monthly meetings, which will run from spring to fall. Each of these meetings will feature a health professional who will answer your questions on a specific health-related topic. Attendance at these meetings will earn additional entries into the monthly prize drawings.

For More Information

City of Allentown
Department of Parks and Recreation
3000 Parkway Blvd
Allentown, PA 18104
610-437-7750

Enrollment Form

Please complete all of the information below, cut along the perforated line, and send to the Allentown Parks and Recreation Office at 3000 Parkway Blvd., Allentown, PA 18104. **There is no fee to join!** Once your enrollment form has been returned, you will receive information about how to get started.

Name: _____

Address: _____

City: _____ State: ____ Zip: ____

Phone: _____

Email: _____

Date of Birth: ____ / ____ / ____

Special thanks to our partners!



Top 5 Reasons to Join The LifeTrail® Club

1. IT'S FREE!

Anyone ages 50 or older can join! Bring all your friends and family! There is no cost for the program.

2. IT'S HEALTHY!

Walking is the best way to increase your overall health and wellness. Walking promotes weight reduction, stress reduction, lower blood pressure and cholesterol, helps to control your blood sugar levels and improves your cardiovascular and digestive fitness.

3. IT'S INFORMATIVE!

The Department of Parks and Recreation and Allentown's Health Bureau will arrange speakers on a variety of health topics at the Rose Garden pavilion. LifeTrail Club members will be given a schedule of all health topics.

4. IT'S FUN!

LifeTrail is a great way to meet new friends from all areas of Allentown, be part of a group, and gain support and encouragement for your fitness program.

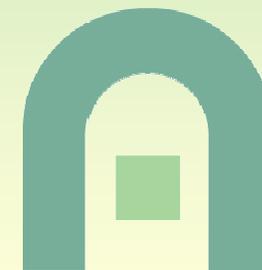
5. A BEAUTIFUL ENVIRONMENT

The equipment will be located in a well maintained walking area in our multi-generational park, Cedar Creek Parkway.

LifeTrail™

The Pathway to Total Wellness™

At Cedar Creek Parkway



Allentown
City without limits.

Join the Club and Get Fit!