



## Free Exercise Options in Ringgold County

Exercise	Place/Location	Distance
Outdoor Walking	Ringgold Trailway - Mt. Ayr	2 Miles (paved surface)
	Mapleleaf Pathway - Diagonal	2 Miles (grass surface)
	Mt. Ayr High School Track	4 laps = approx. 1 mile
	Judge Lewis Park Trail	3 laps = 1.35 mile
	Mt. Ayr Square (inside loop)	5 laps = approx. 1 mile
	Diagonal Main Street (4 passes)	2 laps = approx. 1 mile
	Kellerton Main Street (10 passes)	5 laps = approx. 1 mile
	Tingley Main Street (4 passes)	2 laps = approx. 1 mile
Indoor Walking	Mt. Ayr High School Halls	Call school 464-0510
	Diagonal School Gym	Call school 734-5331
	Ringgold County Hospital	Call 464-3226
Stair Climbing	Ringgold County Courthouse	96 steps (up and down)
	Mt. Ayr High School Stadium Steps	
Strength Exercises	Wall push ups	At home
	Overhead arm raise with cans	At home
	Chair squats	At home
	Exercise classes, Senior Center	Call 464-0577

### FREE RESOURCES

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.livehealthyiowa.org](http://www.livehealthyiowa.org)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.calorieking.com](http://www.calorieking.com)

[www.facebook.com/rstop](https://www.facebook.com/rstop)

[www.rcph.net](http://www.rcph.net)

[www.heart.org](http://www.heart.org)

[www.cdc.gov/nutrition](http://www.cdc.gov/nutrition)