

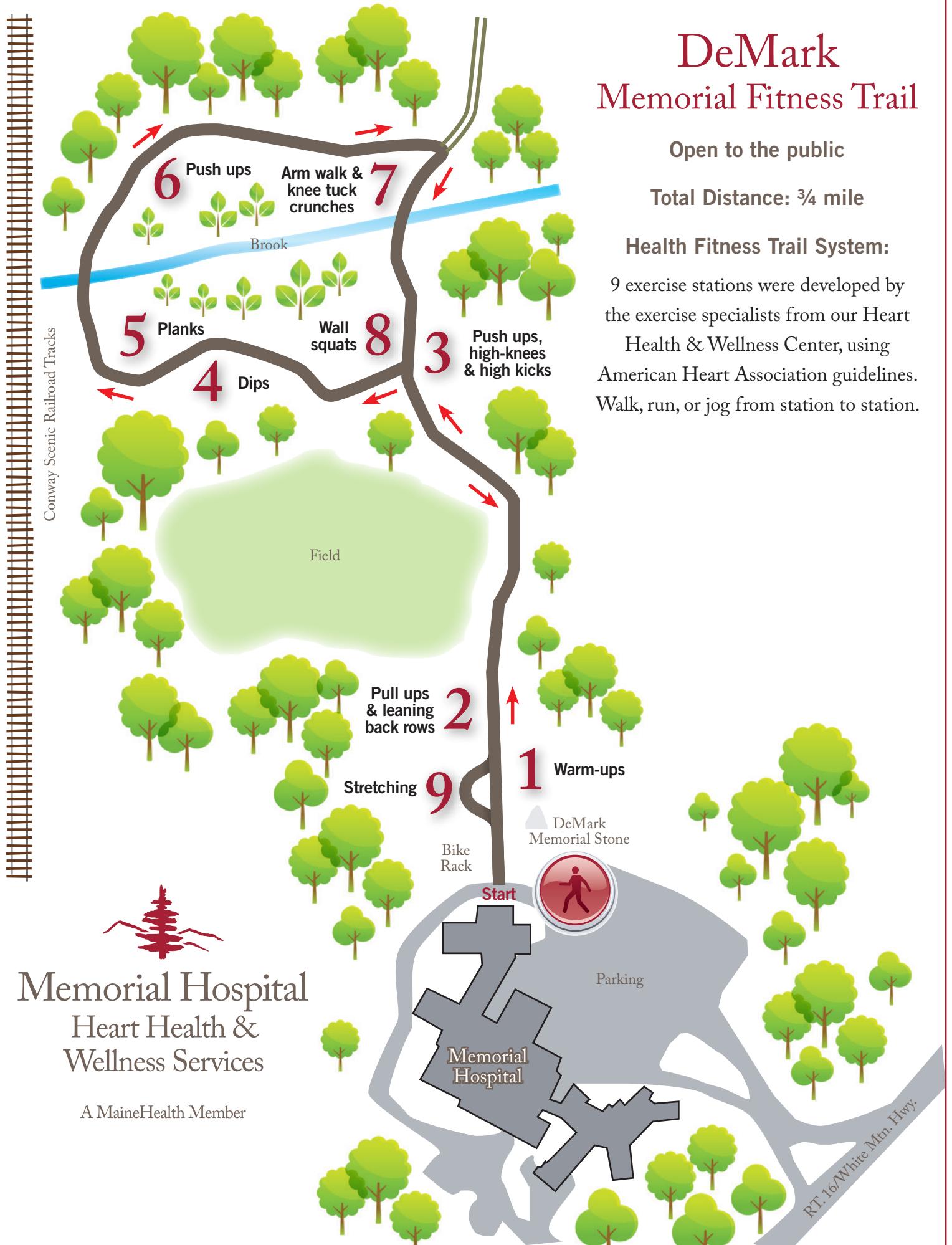
# DeMark Memorial Fitness Trail

Open to the public

Total Distance:  $\frac{3}{4}$  mile

## Health Fitness Trail System:

9 exercise stations were developed by the exercise specialists from our Heart Health & Wellness Center, using American Heart Association guidelines. Walk, run, or jog from station to station.



  
Memorial Hospital  
Heart Health &  
Wellness Services

A MaineHealth Member



# Medically Supervised Exercise and Wellness Program

This program is designed to help any individual who wants to improve stamina, strength and flexibility. You will learn how to enhance your sense of well-being through health education.

Those with chronic health issues such as Arthritis, Chronic Pain, Diabetes, History of Heart Disease (PVD, CHF), Orthopedic concerns, Osteoporosis, and Obesity, are just a few who will benefit greatly through our gentle, individualized approach to exercise.

*Exercise is medicine for our bodies and is highly effective in the prevention, treatment and management of over forty common chronic health conditions.*



Memorial Hospital  
Heart Health &  
Wellness Services

North Conway, NH • [www.memorialhospitalnh.org](http://www.memorialhospitalnh.org) • 603-356-0616

A MaineHealth Member

