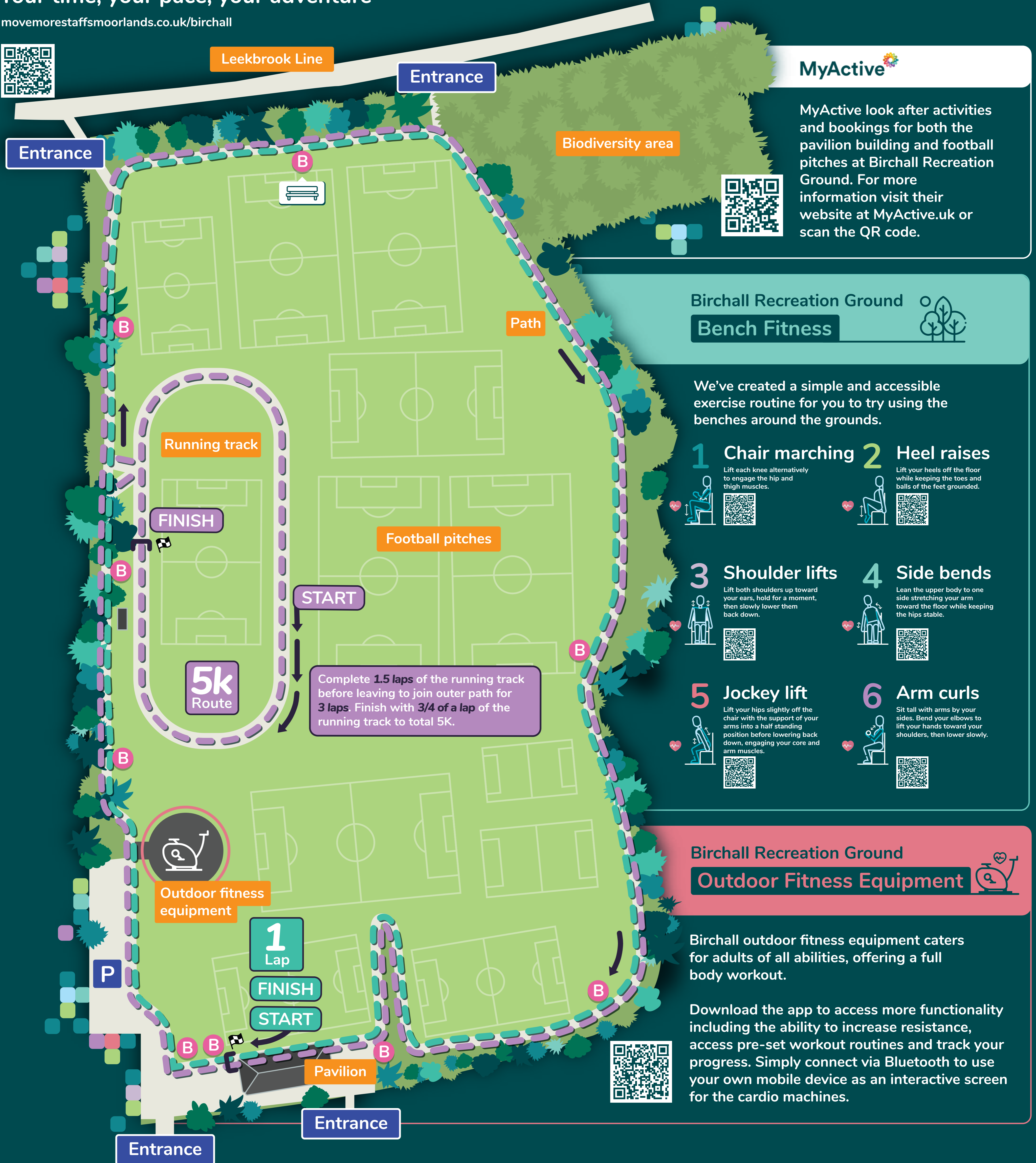


Your time, your pace, your adventure

movemorestaffsmoorlands.co.uk/birchall



MyActive

MyActive look after activities and bookings for both the pavilion building and football pitches at Birchall Recreation Ground. For more information visit their website at MyActive.uk or scan the QR code.



Birchall Recreation Ground

Bench Fitness



We've created a simple and accessible exercise routine for you to try using the benches around the grounds.

- | | |
|---|--|
| <p>1 Chair marching</p> <p>Lift each knee alternatively to engage the hip and thigh muscles.</p>   | <p>2 Heel raises</p> <p>Lift your heels off the floor while keeping the toes and balls of the feet grounded.</p>   |
| <p>3 Shoulder lifts</p> <p>Lift both shoulders up toward your ears, hold for a moment, then slowly lower them back down.</p>   | <p>4 Side bends</p> <p>Lean the upper body to one side stretching your arm toward the floor while keeping the hips stable.</p>   |
| <p>5 Jockey lift</p> <p>Lift your hips slightly off the chair with the support of your arms into a half standing position before lowering back down, engaging your core and arm muscles.</p>   | <p>6 Arm curls</p> <p>Sit tall with arms by your sides. Bend your elbows to lift your hands toward your shoulders, then lower slowly.</p>   |

Birchall Recreation Ground

Outdoor Fitness Equipment



Birchall outdoor fitness equipment caters for adults of all abilities, offering a full body workout.

Download the app to access more functionality including the ability to increase resistance, access pre-set workout routines and track your progress. Simply connect via Bluetooth to use your own mobile device as an interactive screen for the cardio machines.



5k
Route

That's roughly 6,600 steps!

Follow this line on the map >

1
Lap

That's roughly 1,800 steps!

Follow this line on the map >

1 lap = 1.4km

B
Bench Points

Stroll between the benches

Enjoy a walk knowing you can stop and sit down at any time.

B Look out for the bench icons

Scan the QR codes below to download and view the trails on your phone

Or visit movemorestaffsmoorlands.co.uk/birchall