

I Want To Make A Donation !

___ \$20 ___ \$40 ___ \$100 ___ \$250 ___ \$ Other ___

___ My cheque payable to Hanover & District Hospital Foundation is enclosed

___ I would like to make my donation by credit card

___ Visa ___ MasterCard

CARD NUMBER: ___ / ___ / ___

Name: _____

Address: _____

Fire #: _____

City: _____ **Postal Code:** _____

Telephone: _____ **Charitable Registration No. 12678 1442 RR0001**

**Hanover & District Hospital
Foundation**

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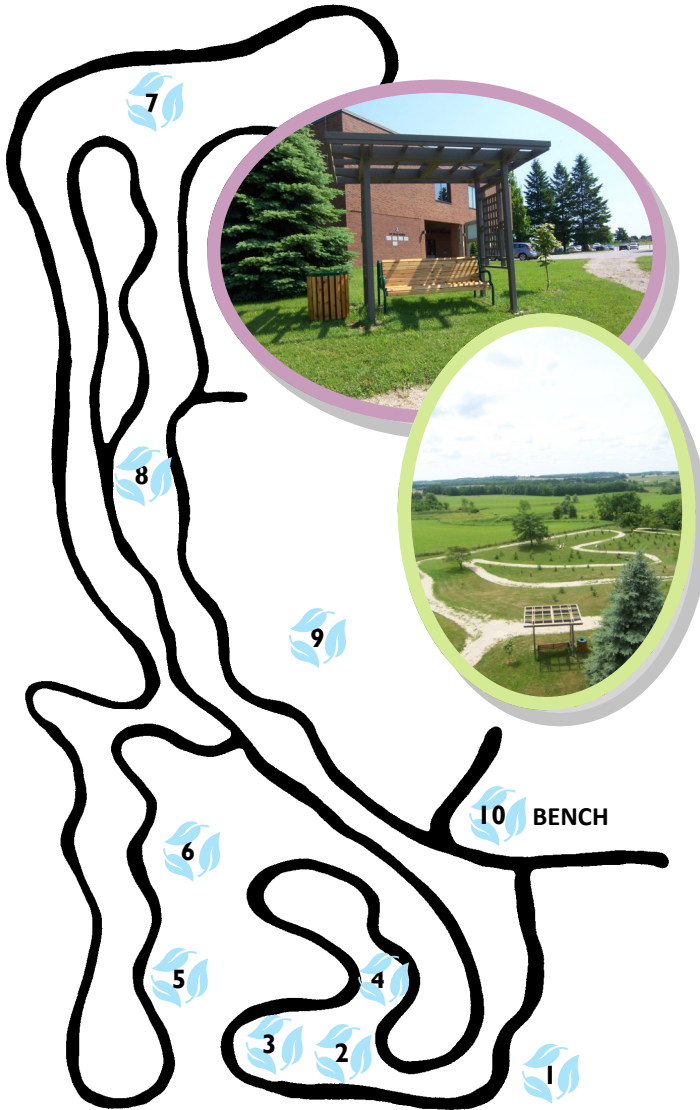
Trail Map

(Map Not To Scale)



Represents Fitness Stations

Designed By: Sydney Herman (2014)

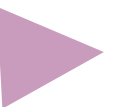


HANOVER & DISTRICT
HOSPITAL FOUNDATION

FIT TRAIL

Established 2009

- Healthy Life -
- Healthy Environment -
- Healthy World -



About the Trail

The addition of a 1.5 km Fit Trail on the southwest corner of the hospital property has created a new place for staff, patients, and the public to be active.

Some features of the fully accessible trail are:

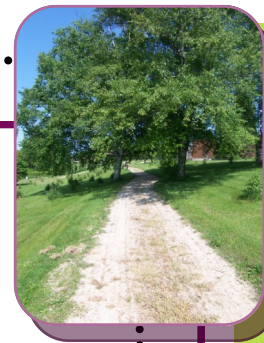
- ◆ **10 fitness stations for various fitness levels**
- ◆ **Over 1000 planted trees**

This project was made possible by the generosity and dedication of community donors, grant applications, and countless volunteer hours. A special thanks goes out to John Broad and the Environmental CQI team.



Environmental Impact

- ◆ Did you know that 3 hours of grass cutting puts the same amount of pollution in the air as driving 300 miles?
- ◆ Did you know that planting 1000 trees will offset 10 metric tons/year of CO₂ emissions?
- ◆ Did you know that introducing trees and low growth, low maintenance vegetation will reduce lawn cutting to the equivalent of another 2 metric tons of CO₂ emissions?



What you can do...

Over \$20,000 has been raised to develop the fit trail. Supplementary donations are required for future development and general up-keep. Your donation will assist in the area of your choice. Options include trees and vegetation, general maintenance, or a new creative idea. All donations can be directed to the Hanover & District Hospital Foundation.

The Stations

The fitness stations are designed for novice, and advanced participant.

There are ten fitness stations and each station includes all required equipment and instructions.

Calf Stretch

Hamstring Stretch & Quadriceps Stretch

Bent Knee Hang

Sit-Up & Leg Raises

Leg Stretch & Push Up

Body Raise & Reverse Pull Up

Balance Walk

Side Bend

Hamstring Pull & Lift Drop

Tension Release