

# health and wellbeing

## CAR PARKING

is available at Athena Hall car park off Duke Street.

For the latest bus timetables visit:  
[www.ipswichbuses.co.uk](http://www.ipswichbuses.co.uk) [www.firstgroup.com](http://www.firstgroup.com) or  
pick up a timetable from the stable block reception.



LOTTERY FUNDED



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[www.ipswich.gov.uk](http://www.ipswich.gov.uk)

# HOLYWELLS PARK ~ HEALTH & WELLBEING

**Holywells Park** offers a wide and diverse range of health and wellbeing activities. Please ask at reception or phone 01473 433990, email [parcs.services@ipswich.gov.uk](mailto:parcs.services@ipswich.gov.uk) or visit [ipswich.gov.uk](http://ipswich.gov.uk) for more details.

## Trim Trail

This versatile trail provides fun and fitness for all levels of physical ability. From simple Balance Beams to the challenge of Pole Climb or Ladder Walk, it tests upper and lower body strength, co-ordination, agility and overall stamina.

## Tai chi and Qigong

For your health and tranquillity you will find Tai Chi and Qigong Saturday mornings 10am till noon within the walled garden and Conservatory. Finish with a cup of Chinese green tea, £3 per session.

## Gym Club

Meet outside the Stable Block on Tuesday and Thursdays at 6.30pm and Saturday at 9am.

## Measured Mile

Measuring your fitness level regularly is one way to find out if you are making progress. This one-mile walking test measures your aerobic (cardiovascular) fitness level based on how quickly you are able to walk a mile at submaximal (moderate) exercise intensity. We suggest that you DO NOT attempt this test until you are routinely walking for 15 to 20 minutes several times each week.

## Orienteering

Orienteering is a sport that challenges both the mind and the body. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time. To start orienteering all you need is a sense of adventure, a pair of trainers and comfortable sports clothes. It is a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors. It does not matter how young, old or fit you are, as you can run, walk, or jog the course. Pick up a leaflet from Holywells Park reception or download one from [Ipswich.gov.uk](http://Ipswich.gov.uk)



## Health Walks and Nordic Walking

Ask at reception or look at the park's notice boards for details on Nordic walking classes for beginners and intermediate/advanced and when Health Walks take place in the park.

## Volunteering and the Green Gym

We have volunteering opportunities for all abilities at Holywells Park. The Gardening Club runs on Tuesdays and the Volunteer Rangers' sessions run on Wednesdays and Thursdays 10am to 4pm. We also run self-tailored sessions for educational establishments, community groups and corporate team-building days.

## i.play

Visionary, revolutionary, healthy: i.play represents a significant breakthrough in children's play. Combining interactive electronics with conventional playground equipment, i.play encourages "stealth fitness", a term used to describe exercising without the realisation of doing so. i.play is suitable for all ages and abilities.

