

Fitness Routines at Your Fingertips – How QR codes at County Parks make it easy to get fit for free!

Green Friday is right around the corner, along with a number of free fitness opportunities.



The QR Code Fitness Trail combines today's technology with a personal physical fitness program. It's fun, interactive and simple to follow – just one more way the County of San Diego Department of Parks and Recreation (DPR) is making it easy for people to live healthy, active lifestyles in San Diego County.

Seven County parks and facilities feature QR Code Fitness Trails, including: 4S Ranch Sports Park, Hilton Head County Park in East County, Guajome Regional County Park, Felicita County Park, Sweetwater Regional Park, Del Dios Highlands County Preserve, and the County Operations Center.

Each of these locations has a series of six QR Code Fitness Trail Signs. The first welcomes users to the program and links to a warm-up routine. The other five signs focus on a series of short workout routines.

A user can scan a code at any one of these stations to gain immediate access to exercise demonstrations by certified fitness trainers. Body weight provides the perfect resistance, so no equipment is needed – other than the user's smartphone.

Try it out! Here's how it works:

- Download a QR code-reading app, like Quick Scan or QR Code Reader by Scan.
- Visit the QR Fitness Trail sign at your preferred park location.
- Hold your smart phone up to one of the codes on the sign.
- A video will immediately pop up with exercise details from a certified fitness instructor.
- Watch the video, complete the exercise, and move on to the next code.
- Once you've completed all of the exercises, move on to the next station.
- Repeat the process until you've tackled all six stations.

Each station generally takes about five minutes to complete, depending on the user's motivation and ability. When you're done, you will have completed about 25 minutes of guided exercise routines, at your own pace and level! Videos are swapped out monthly, to keep the content fresh and the course challenging.

DPR maintains some 124 parks, preserves, trails and historic sites, county-wide. Fitness equipment installations on QR Code fitness trails are an added amenity to encourage users to get outside, be active and reconnect with the natural beauty that defines this region.

Learn more by watching the [video](#) or visit www.sdparisk.org.

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