



Healthy Active

GLADSTONE REGION

Fitness Stations

Agnes Water / Seventeen Seventy

Heritage Walkway, Captain Cook Drive, 1770

Boyne Island

Lions Park, Tarcoola Drive (next to Boat Ramp)

Malpas Park, Malpas Street (next to MJs on Boyne)

Calliope

Bunting Park, Archer Street

Gladstone

Emmadale Park, Emmadale Drive, New Auckland

Happy Valley Park, Glenlyon Road

Lions Park, Dawson Highway, Kin Kora (next to McDonalds)

Miriam Vale

Tranquillity Walk, Blomfield Street

Tannum Sands

Garnet Park, Garnet Street

Wetlands Park, Old Oaks Road

*Be Smart,
Take Part* 

Sky-Runne

Main effect of exerci

This is effective prevention and it
for strengthening the lower p
of the body. It works great f
the waist muscles and limb act
of the lower part of the bod

How to use



1. Take hold of the handles, and
your feet into the footpads



2. Push down on the handles, and
your feet into the footpads

3. Pull up on the handles, and
your feet into the footpads

4. Push down on the handles, and
your feet into the footpads

5. Pull up on the handles, and
your feet into the footpads

6. Push down on the handles, and
your feet into the footpads

7. Pull up on the handles, and
your feet into the footpads

8. Push down on the handles, and
your feet into the footpads

9. Pull up on the handles, and
your feet into the footpads

10. Push down on the handles, and
your feet into the footpads

11. Pull up on the handles, and
your feet into the footpads

12. Push down on the handles, and
your feet into the footpads



Healthy Active

GLADSTONE REGION

Fitness Stations

Agnes Water / Seventeen Seventy

Heritage Walkway, Captain Cook Drive, 1770

Boyne Island

Lions Park, Tarcoola Drive (next to Boat Ramp)

Malpas Park, Malpas Street (next to MJs on Boyne)

Calliope

Bunting Park, Archer Street

Gladstone

Emmadale Park, Emmadale Drive, New Auckland

Happy Valley Park, Glenlyon Road

Lions Park, Dawson Highway, Kin Kora (next to McDonalds)

Miriam Vale

Tranquillity Walk, Blomfield Street

Tannum Sands

Garnet Park, Garnet Street

Wetlands Park, Old Oaks Road

*Be Smart,
Take Part* 

Sky-Runne

Main effect of exerci

This is effective prevention and i
for strengthening the lower p
of the body. It works great f
the waist muscles and limb act
of the lower part of the bod

How to use



1. Take hold of the handles, an
your feet into the footpads



2. Push the handles forward and
your feet into the footpads

3. Push the handles forward and
your feet into the footpads

4. Push the handles forward and
your feet into the footpads

5. Push the handles forward and
your feet into the footpads

6. Push the handles forward and
your feet into the footpads

7. Push the handles forward and
your feet into the footpads

8. Push the handles forward and
your feet into the footpads

9. Push the handles forward and
your feet into the footpads

10. Push the handles forward and
your feet into the footpads

11. Push the handles forward and
your feet into the footpads

12. Push the handles forward and
your feet into the footpads