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## MARK'S FAVORITE EXERCISE AREAS IN AND AROUND JOHNSON COUNTY

One of the many benefits of working out with a personal trainer is that you will learn new ways and places to work out. Of course, a gym is a great place to exercise but so is your home, office and outside. I often mark out a course and walk, run and/or rollerblade with in these locations.



**Hickory Hill Park, Iowa City:** Hickory Hill is a beautiful resource tucked away on the north side of Iowa City. You can use the varied terrain of this park to provide a great mix of gentle hills and flat terrain for a good 10-60 minute walk or combination of light running and fast walking.

**S.T. Morrison Park, Coralville:** This park is easy to reach and provides a nice running route around the park perimeter as well as nice comfortable grass and paths through the park.

**City Park, Iowa City:** Near the Iowa River, City Park is great for biking, running, walking or rollerblading. It is easy to reach by bike, bus or walking.

**Waterworks Park, Iowa City:** If you have not yet found this gem tucked away on the north side of Iowa City and to the East of Coralville, you're in for a treat! This park is beautiful year round and provides miles of smooth hard-surface trails within the park and there are terrific links that can take an ambitious walker, runner, biker or even rollerblader throughout Coralville and Iowa City. *Here is a description from the iowacity.gov website: "Nearly 3 miles of trails are constructed on the Waterworks Prairie Park site, looping around the ponds and through the prairie. The trails are part of the Iowa River Corridor Trail network, which extends from Napoleon Park in South Iowa City to the Coralville Reservoir property north of Iowa City, a distance of approximately 9 miles. Public parking is provided at the northeast corner of Waterworks Prairie Park. The trails connect to the Peninsula trail system via a recently constructed trail under the Interstate-80 bridge over the Iowa River..."*

**Kent Park, Johnson County:** Johnson County is fortunate to have this beautiful park. Take some time to see natural beauty and get exercise at the same time!