



**FOR IMMEDIATE RELEASE**  
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## **Outdoor Fitness Stations Installed at County Line Memorial Trail**

**New Braunfels, TX** – A series of three outdoor fitness stations have been installed on the County Line Memorial Trail between County Line Road and Walnut Avenue.

The newly installed fitness stations were funded by The Institute of Public Health and Education Research's (TIPHER) Active2Day Healthy4Life campaign made possible through support from the Texas Department of State Health Services and the Centers of Disease Control and Prevention's Community Transformation Grant.

The equipment includes a step-up, chin-up and jump-up stations, as well as a leg lift, dip and vault bar station. The six pieces of equipment are set at three stations along the County Line Memorial Trail and include instructions for beginner, intermediate and advanced users. Station one is located at the trail parking lot at County Line Road, station two is located at Kraft Park and station three is at the Walnut Avenue trail entrance.

"The new exercise stations will provide bicyclists, walkers and runners who use the County Line Memorial Trail an opportunity to diversify their workouts," said Nancy Pappas, Active Living Coordinator for The Institute for Public Health and Education Research. "We hope the stations will encourage people to get out and use the beautiful County Line Memorial trail and to increase their physical activity."

County Line Memorial Trail is a linear park that extends over two miles, from FM 1044 to FM 725. Amenities along the paved path include around 200 young trees, rest areas with benches, pet waste bag dispensers and bridges connecting amenities of both Kraft Park and Hoffmann Park to the trail.

For details on the trail visit [www.nbtexas.org/trails](http://www.nbtexas.org/trails). For additional information on the Active2Day Healthy4Life campaign visit [www.active2day.org](http://www.active2day.org)

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