Creating Healthy Places to live, work and play in Suffolk County

Family Health and Wellness Program
Cornell Cooperative Extension
Suffolk County
Town of Brookhaven Holtsville Ecology Site

*With Fitness Zone, Animal Preserve, playground, picnic area and pool, it’s a great place for families to visit for a day of fun.*
Welcome to the Holtsville Ecology Site Park

Secure and lock your bicycle.
Enjoy your walk along our Fitness Trail.
The Town of Brookhaven Welcomes You to the

HOLTSVILLE PARK
FITNESS ZONE

Your Health, Your Fitness, Your Fresh Start!

1. Warm Up Stretches
2. Squats
3. Push-ups
4. Rowing Machine
5. Push-up Rotation
6. Parallel Bars
7. Sit Up Bar
8. Jump Rope
9. Balance Beam
10. Incline Body Curl
11. Push-up
12. Leg Press
13. Balance Beam
14. Small Bar
15. Step Up Routine
16. Chin Up
17. Lateral Squeeze
18. Hand Cycle

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Suffolk County Simply Sensible to Move More!

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