

# Exercise at the Flower Fields (Photos)

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Nestled on a hillside in **Carlsbad, California**, with panoramic views of the Pacific Ocean, the **Flower Fields®** bloom

from March through May each year. At first glance you may imagine you have stepped into the Land of Oz. But unlike sleep-inducing poppies, this brilliant rainbow of giant Ranunculus stimulates your senses and keeps you energized.

One lap around the perimeter of the Flower Fields® is approximately 1.75 miles. The dirt and decomposed granite trails are ideal for bringing variety to your workout. The trails are well maintained and the surface is less impact than asphalt or concrete for walking, jogging and running. Intersecting paths surround you with flowers and allow you to extend your exercise distance. Slight inclines on portions of the tour provide a healthy challenge and are appropriate for all fitness levels. Layered clothing, athletic shoes, sunscreen and a bottle of water are recommended.

Walking is the best aerobic exercise for cardiovascular health. Exercising to maintain your heart and lungs may be accomplished in as few as two 20-minute aerobic workouts each week, but more is better. The **2008 Physical Activity Guidelines for Americans**, published by the Department of Health and Human Services, recommends a minimum of 2 hours and 30 minutes of moderate physical activity every week. An easy way to determine that you are exercising at a good intensity is to walk as fast as you can while still able to carry on a conversation.

After exercising visit the rose garden, stroll through the orchid greenhouse or buy fresh strawberries for a nutritious treat.

Visitors and locals alike seek out the spectacular display of color at the Flower Fields®. With

a variety of hotels, resorts, restaurants and spas nearby, the Flower Fields® are a great option for fitting exercise into a business trip or vacation.

There is a fee for admission. For more information visit: **[www.flowerfields.com](http://www.flowerfields.com)**