



# Outdoor Senior Fitness Recreation Area

Design and install outdoor fitness recreational equipment for older and/or less physically able adults utilizing low-impact exercise elements, creating a “Senior Playground” in Prospect Park.



**Cost** \$400,000

**Location** Prospect Park near 9<sup>th</sup>/10<sup>th</sup> St.

## Who Benefits

Senior fitness parks provide wellness benefits to older and/or less physically able adults helping improve balance (thus minimizing risk of falls), build muscle strength and extend range of motion.

## Project Description

Many cities are adding senior (or older adult) outdoor fitness areas, aka “senior playgrounds”, to their parks. The equipment can include elements like recumbent bicycles, side-by-side striders, hand-eye dexterity games and multi-user pieces. Studies have found improvements in balance, speed and coordination with just 90 minutes a week of regular use. Several of the elements will be wheelchair accessible. Senior parks also serve as a community gathering spot nurturing social and mental health as well as physical health. Keeping the senior population alert and healthy can lead to a reduction in healthcare costs.