



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 9th/10th 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.