



Welcome to the 2017 FRPA Conference!

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### Inclusive Fitness in Parks

#### Learning Objectives

- Identify factors influencing the appeal and impact of an outdoor fitness area to various demographics.
- Describe practical guidelines in designing outdoor fitness areas to serve diverse communities.
- Apply the guidelines in real world scenarios to bring outdoor fitness to communities.



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What do you think of when we mention FITNESS?



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## What do we really look like?



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## The Need

In 2014, 35.7% of US Adults were overweight  
and  
27.7% were Obese\*

\*Gallup Poll: <http://www.well-beingindex.com/u.s.-obesity-rate-inches-up-to-27.7-in-2014>



2 out of 3 Americans are not engaged in physical activity at the recommended levels\*  
cdc.gov

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## The Need

Common park amenities

- Playgrounds
- Sports courts & fields
- Splashpads
- Skateparks



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## The Need

Who do our parks primarily serve?



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Parks tend to serve children

..but there is diversity in our neighborhoods



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## The Need – Teens

- 31.3% of youth ages 10–17 are overweight or obese
- 1 in 4 young teens meet U.S. fitness guidelines

[cdc.gov](http://cdc.gov)



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## The Need – Moms



- In general, women are less likely to meet guidelines for exercise

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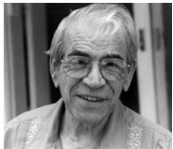
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## The Need – Seniors

- Of 39 million U.S. adults age 65+, only 22% report engaging in regular physical activity
- People who are obese spent 42% more for medical care in 2006 than people at a normal weight. Many seniors are on fixed incomes.



[cdc.gov](http://cdc.gov)



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## The Need – People with disabilities

There are higher rates of overweight and obesity among people living with disabilities

- Obesity rates for adults with disabilities are 58% higher than for adults without disabilities
- Obesity rates for children with disabilities are 38% higher than for children without disabilities



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### The Need

Who could be served better?



**SENIORS**



**TEENS**



**MOMS**



**PEOPLE WITH MOBILITY IMPAIRMENTS**

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### Top 10 Barriers to Exercise

Not enough time	Lack self-management	Low self-confidence
Lack support & encouragement	Inconvenient	Fear injury or has one
Lack self-motivation	Not enjoyable	Boring

**Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.**

CDC.gov

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### Most Prevalent Barriers to Exercise for people with disabilities

- (1) Lack of energy,
- (2) Lack of motivation,
- (3) Lack of time,
- (4) Not knowing where to exercise, and
- (5) The cost of the program

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Cowan, 2013. Spinal Cord. 51:27-32.

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## The Need

In order to encourage target populations to engage in fitness in their parks, we need amenities that are:

- Motivational & unintimidating
- Multigenerational
- Accessible
- Integrate with their lifestyle
- Free!



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A Solution: Outdoor Fitness Equipment

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Ultimate Outdoor Fitness Experience Video

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## A Solution

How does this amenity address the needs of the public?

- Motivational & unintimidating



"I was never and still am not motivated to go to a gym but an outdoor park really made a difference in getting me there every day and exercising."

~ Message received in our Facebook inbox

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## A Solution



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## A Solution



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## Tropical Park – Miami-Dade County



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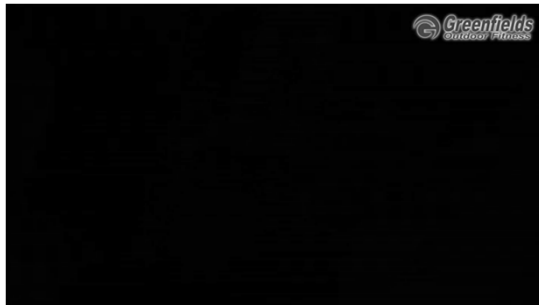
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“You don’t feel alone.”



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## A Solution

How does this amenity address the needs of the public?

- Multigenerational – serving those missed populations such as teens & seniors



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## A Solution

How does this amenity address the needs of the public?

- Serving the missed populations: people with disabilities
- Accessible



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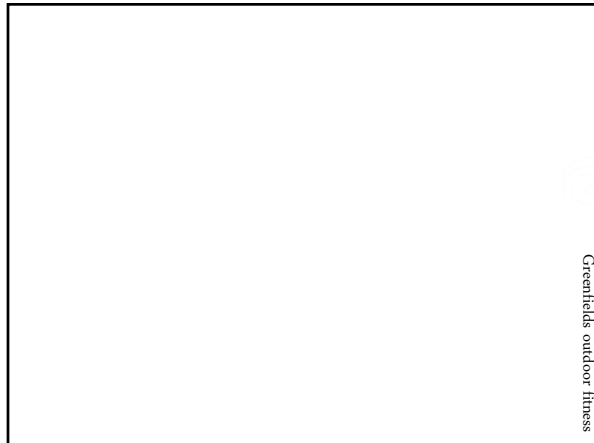
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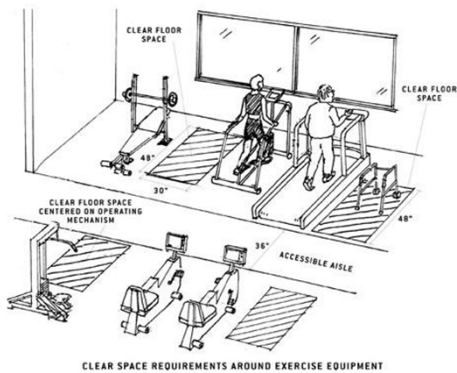
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## An Accessibility Moment



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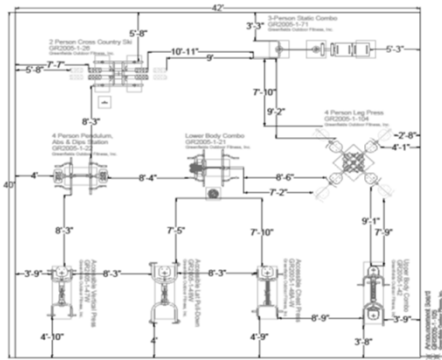
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## An Accessibility Moment



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[illegible]

## A Solution

How does this amenity address the needs of the public?

- Serving the missed population: parents
- Integrate with their lifestyle



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## A Solution



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Mommy & me

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### A Solution

How does this amenity address the needs of the public?

- Free



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### A Solution

- Motivational & unintimidating
- Multigenerational
- Accessible
- Integrate with their lifestyle
- Free!



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### Benefits of reaching out to these groups

To group members directly

- Increased fitness
- Decreased stress/improved emotional health/heightened creativity
- Greater sense of connectedness



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### Benefits of reaching out to these groups

To the greater community

- Increased social capital and sense of community
- Positive example set for children and grandchildren



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## A Solution

Tropical Park video

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## Let's Assess Your Park

### Worksheet Exercise

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## Best Practices



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Build the Community



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Developing Your Action Plan

Schools

Programming

Community Centers

**Your Park**

Parks & Rec

Support Groups

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We think Fitness Zones are a tremendous investment ... a study has been done by the Rand Corporation that shows that the cost per energy unit burned in a Fitness Zone is by far the cheapest intervention of any intervention you can do for fitness and health in a park.

– Adrian Benepe, Sr. VP & Director of City Park Development, The Trust for Public Land

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Closing video

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**THANKS  
FOR  
ATTENDING!**



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Allison Abel  
allison@greenfieldsfitness.com  
888-315-9037 x112

Jennifer French  
jenniferf@greenfieldsfitness.com  
888-315-9037 x121



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For more information about the Florida Recreation and Park Association visit [www.frpa.org](http://www.frpa.org).

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