

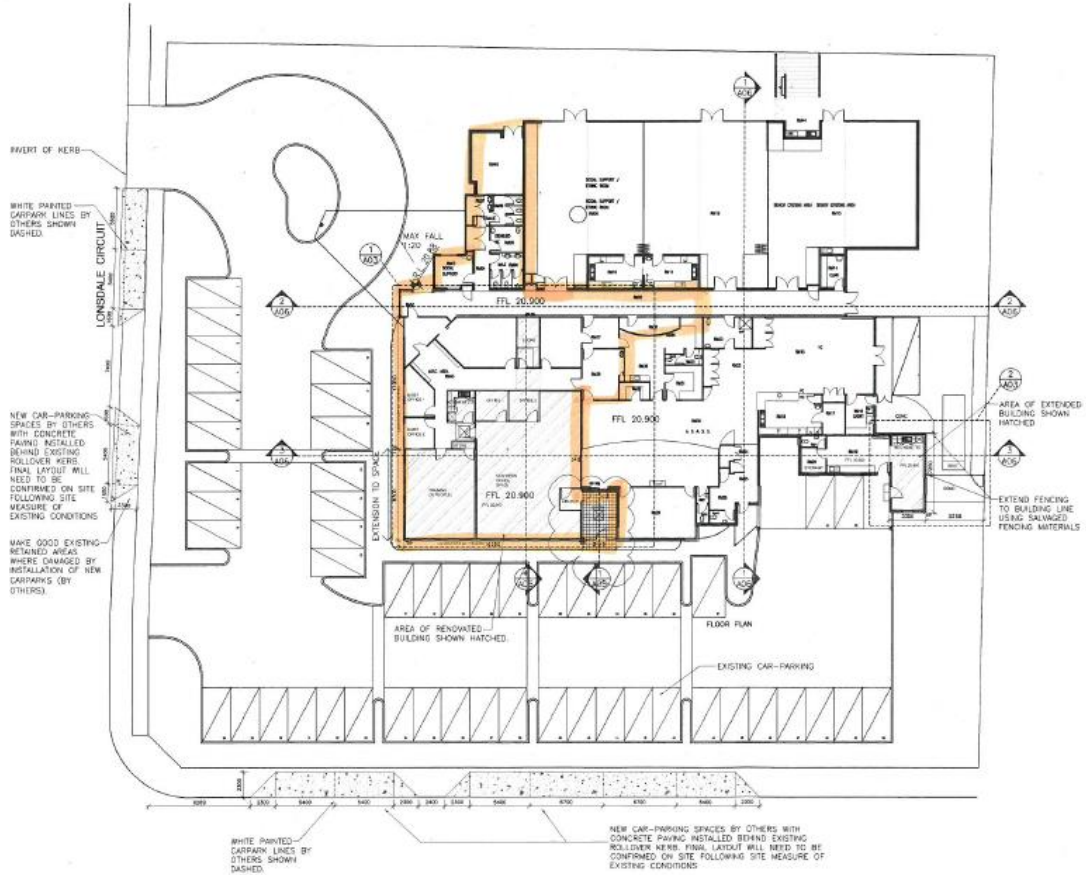
Wyndham City

Development of the Central Park

Seniors Exercise Park



BACKGROUND



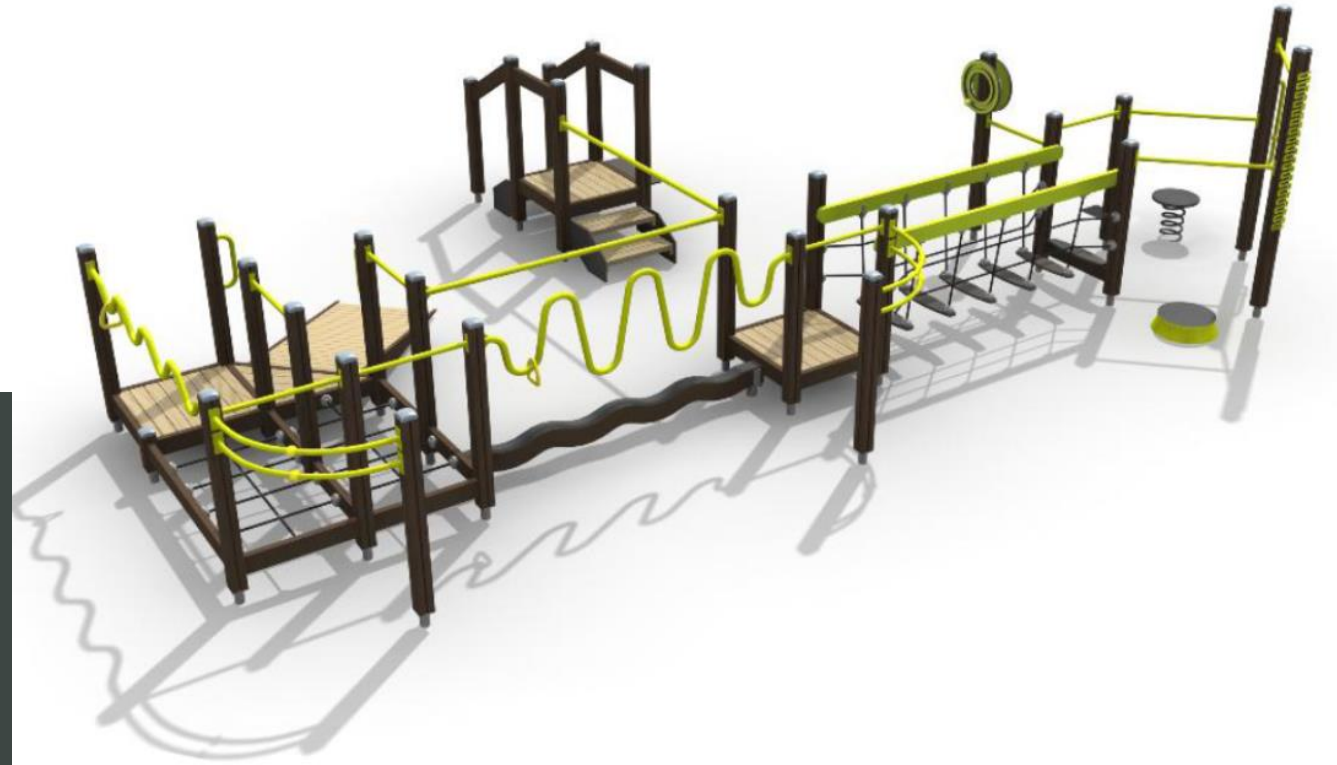
The logo features the text 'THE PROJECT' in a large, bold, white sans-serif font. 'THE' is smaller and positioned above 'PROJECT'. Below this, the tagline 'NEWS DELIVERED DIFFERENTLY' is written in a smaller, white sans-serif font. The word 'DIFFERENTLY' is highlighted in a bright blue color. The background is a dark blue gradient with a diagonal split, a bright blue light flare on the right, and a yellow-to-orange gradient on the left.

THE PROJECT
NEWS DELIVERED **DIFFERENTLY**

A photograph of an outdoor senior exercise park. The equipment includes various machines with wooden platforms, metal frames, and colorful handles (red, blue, grey). The ground is covered in a multi-colored safety mat (red, blue, yellow). A black metal fence and trees are in the background. The text "Senior Exercise Park Research Project" is overlaid in the bottom right corner.

**Senior Exercise Park
Research Project**

CO-DESIGN



SENIOR PARK



Being active is good for your health.
Just 30 minutes a day - it all adds up.



BALANCE BEAM

Walking on the wavy beam is a useful balance exercise. Installed at low height above a soft surface, it ensures safe and comfortable training. The surface at the bar itself is slip-proof.



BALANCE RAIL

While holding onto the rail, alternatively raise your right and left foot, bending your knees. The exercise improves balance and torso control whilst strengthening the abdominal muscles.



CORE TWISTER

Set to stand on the twister's foot board, take a grip on the handrail and keep your knee slightly hooked. Turn the body from side to side so that the look follows the movement. Wide and quiet circulation improves spine movement.



FINGER STAIRS

Climb up with fingers one step at a time. This fine motor exercise improves the agility of fingers and shoulder joints.



HAND ROLL

Hold the grips with both hands and gently turn the wheel in both directions. The rhythmic motion exercise improves the mobility of neck, shoulders and elbow joints.



HIP SPRING

Trying to keep your balance whilst sitting on the rocking stool exercise the deep muscles that support your spine. A fun way of improving posture.



SHOULDER ARCHES

Hold the grips with both hands and them sideways along the horizontal bars in smooth movement. The exercise improves the mobility of the neck and shoulders, eye/hand coordination and simultaneous rhythmic movement.



STEP AND CALF

Step on the board and back down. The movement raises your heart rate and strengthens your legs. Hold onto the support rail for safety. The board can also be used for stretching exercises.



STEP AND STAIR

Step on stair and walk over and back. The movement raises your heart rate and strengthens your legs. Hold onto the hand rail for safety if needed.



WAVE BAR

Move the ring along the tube in both directions. Avoid touching the tube with the ring. The exercise improves strength and mobility of the shoulder region, hand/eye coordination and concentration.

This equipment is free to use and is not intended for exclusive commercial use. Please consult a doctor before using the equipment to check suitability for your fitness. Refer to the above information and signs located on the equipment for advice on correct technique. Patrons use the equipment at their own risk.

For more information, inquiries and to report faults contact XXXX XXXX

PARTNERS/CONNECTORS



The seniors' exercise park is an ENJOY project in partnership with Wyndham City Council, National Ageing Institute and Gandel Philanthropy.

OPPORTUNITIES BEYOND THE PROJECT



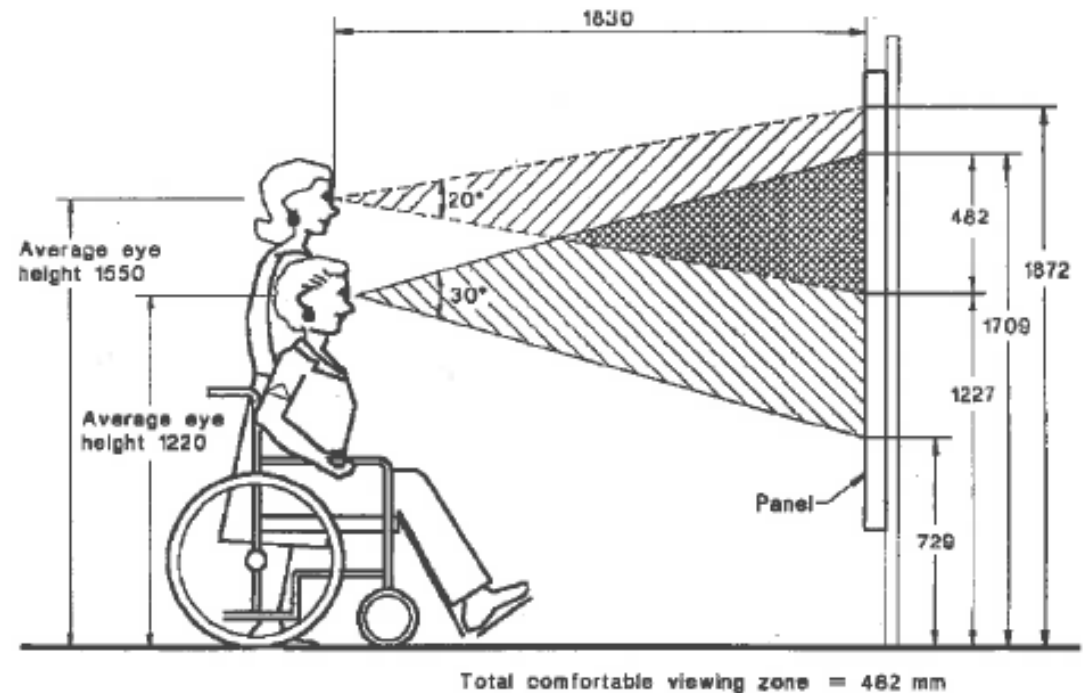
Welcome

Welcome to The Loop Wyndham, the online community engagement site for Wyndham City Council. The Loop is where Council and the community come together to discuss important topics, share, communicate, and contribute to the future of Wyndham.

Our current projects are listed below, click through for more information and start shaping Wyndham's future.

[Register here](#)

Current engagement projects



<https://theloop.wyndham.vic.gov.au/>

LEARNINGS

