

New Horizons Project
Working Group

November 13, 2012

Town of Fort Frances
c/o Jason Kabel
Manager of Community Services

Dear Jason,

Re: Town support for outdoor fitness equipment in local park/green space

Thanks for taking the time to discuss the New Horizon's grant. Our grant strives to provide social, recreational and learning opportunities for seniors in our community. One area that has received a lot of interest is the addition of outdoor fitness equipment also called 'playground for adults' or 'outdoor gym'. These equipment stations are unique in that they are housed outdoors for use in parks or other common use spaces. Several communities in Ontario and Manitoba have set up these stations for seniors and report long-term use by seniors. We feel this would be a great benefit to the residents and the Town of Fort Frances as they provide additional opportunities and infrastructure for people to be active.

I've included more information about the product and stories from other communities that have invested in outdoor fitness 'gyms'. We are hoping to purchase 2-3 stations with the intention of adding more stations to create an outdoor fitness area where seniors and other groups can congregate to be active and social.

In order to proceed with this project, we submitted a request to the Ministry for approval to transfer some of our programming funds to capital funds in order to purchase fitness equipment for seniors. In return, the ministry has asked requested more information about the following:

1. Location and in-kind use of land to 'house' fitness equipment:

We would like to request permission from the Town to 'house' the equipment stations in a suitable location that is accessible by seniors in our community. We met with the seniors group (SALT) to discuss the project and three possible locations were identified as a 'home' for the equipment stations:
1- Nelson Street Park, 2- the Waterfront area along the path, 3- Legion Park.

2. A plan for the capital equipment after the funding period is completed:

The Ministry has requested more information about sustainability of the equipment beyond the funding period. In order to move forward, the group would like the Town to consider providing in-kind support for on-going maintenance of the equipment. In speaking with other communities and the equipment supplier, the maintenance is very minimal. A suggested inspection list is supplied by the company. If a piece of equipment did require replacement or a major cost was involved with a repair, we would not expect the Town to incur the cost. It is our hope that the Town would consider adding these capital assets into the Town budget similar to the equipment housed at the Recreation Centre.

3. Contributions from the Town re: installation of equipment:

Finally, we are hoping the Town of Fort Frances will consider in-kind contribution of staff time to install the equipment stations in the chosen/approved location. The supplier has confirmed that installation is easy and often completed by Town staff in other communities. Cement pads are laid and base plates are attached to sleeve anchors

The local working group is very grateful for any in-kind support that can be provided for the project. We look forward to hearing from you about above mentioned requests put forward by seniors so that we can move ahead with our request to the Ministry.

Should you require more information, please do not hesitate to contact me at 274-9827.

Respectfully,

Elaine Fischer

Outdoor Fitness Equipment

I've been in touch with two communities (Chatham-Kent and Carman Manitoba) and I'm currently working with 2 equipment suppliers to provide the best pricing for the equipment for the Town of Fort Frances.

This information provides an overview of some of the available pieces as well as a cost for the stations.

We would like to purchase 2-3 stations (pending funding approval) and would look to expand the stations based on need, interest and future funding.

Active Fit2 Recumbent Bike

\$2059



Active Fit2 Cross Country Skier

\$3450



ActiveFit2 Lat Pull/Chest Press

\$4600

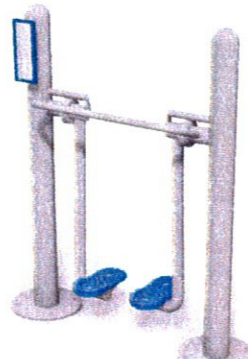


Active Fit 2 Elliptical Trainer



\$3358

ActiveFit2 Air Walker



\$2634

Carman's Outdoor Exercise Equipment A Hit With Pathway Users

Written by Tara Funke on Tuesday, 23 October 2012

Thanks to a \$25,000 grant from the New Horizons For Seniors Program Carman residents can now enjoy an outdoor exercise park. The ribbon was cut yesterday by those who helped bring the project to completion, including the community pathway committee chair, Neil Strachan. He says it's fun and free fitness equipment which is available to anyone and truly compliments their already popular multi-use pathway. Strachan notes these types of outdoor gyms can be found in parts of B.C. and Alberta and feels it's a growing trend in fitness.

Recreation Director Angie Shindle was excited to demonstrate how to use each piece of the all-weather equipment. She explains they took time picking out a good variety of pieces that focus on the body's major muscle groups. Shindle invites people to not just drive-by but to stop and check out the new workout area, adding it's a wonderful spot to try something different even in the middle of winter.

Gustine Wilton, Chair of the Active Living Centre and project committee member, tells us they have not yet used all of their available funds. Once they tally the final numbers they will decide what to do with the money and says some new ideas are being tossed around. She says there is talk of adding another piece of gym equipment or perhaps adding a roof over the existing ones. Wilton is doubtful there will be enough money for that but is open to hearing from more people with ideas.

The committee members thank the Town of Carman and local Kinsmen for their labour and assistance with other various tasks along the way.



Committee members were eager to jump on the workout stations to try them out.

Outdoor exercising available in Tilbury

The Chatham-Kent Public Health Unit and the Municipality of Chatham-Kent Recreation Facilities Department have partnered to combine an existing walking trail at the Odette Senior Garden Park (24 Stewart St, Tilbury) with newly developed outdoor exercise equipment. The opportunity to combine walking, jogging and exercise equipment, to improve the overall fitness within the community, is a terrific initiative!



TILBURY - With an overwhelming number of underactive citizens in Canada, Chatham-Kent is taking steps to make physical activity an easy choice for residents. On Tuesday, Chatham-Kent Mayor Randy Hope cut a ribbon to officially signify the grand opening of eight outdoor fitness stations at Odette Seniors Garden Park, in Tilbury. The stations are set up along the park's 500-metre trail. "We have people who still require supportive devices in order to get around and it's important that we have an area where they can go and feel comfortable taking those active trips," said Hope. During his trip abroad to China, Hope said he saw the same exercise equipment all over many Chinese communities.

"I'm hoping more people throughout the community of Tilbury and surrounding area take an active part and come out and enjoy the activities that are here," he added.

The exercise stations were installed through a partnership between the C-K Public Health Unit and C-K Recreation Facilities and the pieces resemble the traditional equipment one might find in an indoor gym. "There's a lot of people who can't afford gym memberships or aren't comfortable," said Ann Robinson, Chatham-Kent's manager of recreation programs. "It gets people to get outside to enjoy the natural outdoors and still stay active." Robinson said C-K recreation plans to use the Tilbury park as a pilot project to showcase the outdoor exercise equipment to other communities in Chatham-Kent. "Getting seniors out, keeping them active, keeping them strong, helps prevent future health issues," said Robinson about the importance of the new equipment. "The more active we keep everybody, the better off we're all going to be." All eight pieces of exercising equipment and their installation cost \$22,000 of provincial funding from the physical activity budget. The equipment is built to withstand the elements and every piece is guaranteed to last at least five years. Rob Veccia, recreation facilities supervisor for Tilbury and Wheatley, said the outdoor equipment will provide an opportunity for community members to incorporate strengthening exercises during their walks on the park's trail. "The pieces (at the park) are the things that most people will utilize," he said. "Each area will work a different part of your body and it all works off of your own natural ability to work yourself."

For full details visit www.chatham-kent.ca/recreation