

## Strategic Focus Area: Strong. Healthy. Safe.

There are six eligible projects in this area.

### Outdoor Gym Equipment – Honeysuckle Creek Walking Track

**Cost: \$50,000**

**Problem and opportunity:** The lack of free access to gym facilities, as in gym exercise equipment for all Violet Town community members, as an option to assist in maintaining a fit and healthy body and overall wellbeing.

To fulfill a proposed action in the 2019-2023 Community Action Plan (CAP page 5). Bring together fun and fitness that is accessible to all and to inspire community health, resilience and vitality.

**How does it affect or impact the community?** Provide the opportunity for improvement in the mental health and wellbeing of the Violet Town Community. Promoting physical activities to build resilience of the residents and visitors who visit and use the Sports and Recreation Area at Violet Town.

**What is your idea and what difference would it make?** To install outdoor gym exercise equipment in 'clusters' at two (2) locations in close vicinity of the existing Honeysuckle Creek Walking Track. This track is used by many for walking, jogging, cycling and dog walking.

The equipment is designed to be used by people of all fitness levels and abilities. It is free to use at any time as there is no membership or key to the outdoors.

This equipment would enhance the Sports and Recreation area by the versatile nature of adding this feature to the reserve.

**Further information:** The 'clusters' would consist of configurations of outdoor fitness equipment:

- Example; Leg Press, Air Walker, Torso Press, Fitness Wheels etc.
- Equipment that develops Cardio, Strength, Flexibility and Mobility.
- The equipment displays the suggested, safe way for use to maximise the benefits.

This idea is supported by; Violet Town Community Action Plan 2019-2023 (VTAG Initiative); Violet Town Football/Netball Club; Violet Town Tennis Club; Friends of VT Pool; Violet Town Bowling Club; and HREP.