

Strategic Focus Area: Strong. Healthy. Safe

## **Violet Town Outdoor Gym Equipment**

### **Problem and opportunity:**

#### **PROBLEM:**

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

#### **OPPORTUNITY:**

To fulfil a proposed action in the 2019-2023 Community Action Plan (CAP page 5) and also in DRAFT CAP 2024-2028

To bring together fun and fitness that is accessible 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.

Encouraging physical activity to build resilience of the residents, sporting club members and visitors who visit and use the sports and recreation area and the Honeysuckle Walking Track at Violet Town.

### **What is your idea and what difference would it make?**

To install a 'cluster' of outdoor gym equipment at an appropriate location in close vicinity to the Violet Town Sports and Recreation Reserve and the existing Honeysuckle Creek Walking Track. This track is used by many people of the community for walking, jogging, cycling and dog walking. The equipment location within the reserve would provide a desirable amenity for all and complement our sporting clubs as part of their training programs – e.g. footballers, netballers, tennis players and bowlers.

The equipment is designed to be used by people of all fitness levels and abilities. The range includes a combination of moving and static apparatus to suit everyone, from the youth to High-Intensity Interval Training (HIIT) enthusiasts to the elderly, who want to focus on flexibility and mobility.

It is free to use at any time as there is no membership or key required for the outdoors.

This equipment would enhance the sports and recreation area for years to come by the versatile nature of adding this feature to the reserve.

### **Further information:**

The 'cluster' would consist of a configuration of outdoor fitness equipment:

Examples: 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 these benefits.

This idea is supported by;

- Violet Town Community Action Plan CAP 2019-2023 & Draft CAP 2024-2028 (VTAG Initiative)
- Violet Town Football & Netball Club
- Violet Town Tennis Club
- Friends of the Pool
- Violet Town Bowling Club
- HREP

Obtained three (3) pricing quotes from suppliers of Australian made outdoor exercise/gym equipment;

- Parkfit (Forpark Australia)
- imagination play (ACTIV8)
- a\_space Australia Pty Ltd