

(Triactive America Inc, 2015)

Tai Chi



***Wheelchair accessible**

Flexibility Exercise:

The tai chi spinners promote flexibility in the shoulders, arms, and wrists. Once comfortable with the upper body movements, try moving your body weight side to side in a swaying motion.

Major Muscles Used:
Shoulders

Tai Chi is a traditional Chinese martial art that uses slow and gentle hand movements. The main purpose of Tai Chi is controlling the central balance of the body while moving the arms and legs simultaneously. Continuous practice will help to improve muscle strength, shoulder flexibility, and maintain posture control and balance therefore helping to reduce the risk of falling. (Cebula, 2009)

Multi Bars

(Triactive America Inc, 2015)



***Wheelchair accessible**

The multi bars can be used to perform a variety of stretching exercises as well as assisted pushups and pull-ups.

Major Muscles Used: Upper and lower body

Other Tips and Resources:

* Use the hike and bike trail before/after you workout in order to reach your daily cardio goal; walk at a higher pace than normal or ride your bike!

* Bring a friend or come as a group to make your workout more fun;

* Go for a swim or join a fitness class at the Oliver Community Centre or Oliver Seniors Centre

www.oliverrecreation.ca
www.oliverseniorcentre.com

It's never too late to start exercising!



(Triactive America Inc, 2015)

Kiwanis Outdoor Fitness Park



**Lion's Park South
6607 Station Street
Oliver, BC**

Two Person Trunk Rotator



Flexibility Exercise:

This piece helps to improve back and hip flexibility and to stretch out and exercise your abdominals. This exercise can be performed sitting or standing.

Major Muscles Used:
Upper back, lower back, abdominals

(Triactive America Inc, 2015)

Exercise for Older Adults:

Cardio Exercise: The Canadian Physical Activity Guidelines recommends at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week in bouts of 10 minutes or more; 30 minutes a day 5 days a week would deliver the recommended level.

Strength Exercise: Muscle and bone strengthening activities using major muscle groups should be done at least two times a week performing **10-15 repetitions** of the exercise; for beginners perform **1 set** for most individuals **2 sets** progress to no more than **3 sets** * 2-3 minute rest periods between each set and exercise is recommended. While you're waiting have your friend perform the exercise, walk to the next station, or do a lap around the path!

Flexibility Exercise: Slow static (standing still) stretching to the point of tension; stretches should be repeated 2-4 times for a total of 60 seconds

Muscle strengthening and flexibility work can help improve balance, increase range of motion, and result in a greater sense of body control!

(Canadian Society For Exercise Physiology, 2013)

Welcome to Oliver's new age friendly Fitness Park

Listed below are the 7 pieces of equipment installed along the pathway; use them in any order you please. *Make a logbook to write down your workouts and track your progress.*

Leg Press



(Triactive America Inc, 2015)

Major Muscles Used:
Glutes, quadriceps, calves

Strength Exercise:
This piece helps to develop leg strength using your own resistance and body weight. Two different seat lengths are provided for different user heights.

Air Strider



(Triactive America Inc, 2015)

Major Muscles Used:
Lower body, chest, biceps, and shoulders

Cardio Exercise:
The air strider simulates the motion of cross-country skiing, offering a no impact cardio workout while working your upper and lower body.

Air Walker

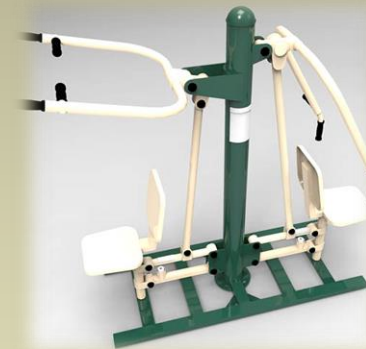


(Triactive America Inc, 2015)

Major Muscles Used:
Lower Body

Cardio Exercise:
This piece offers a no impact, fun, and effective exercise as alternate straight legs swinging! The free swinging apparatus features safety stoppers to prevent injury.

Combo Push and Pull



(Triactive America Inc, 2015)

Major Muscles Used:
Shoulders, Chest, Triceps, Biceps, Core

Strength Exercise:
This piece has combined two pieces; a seated chest press and a seated lat pull. A great functional range of motion while lifting your own body weight and you may increase the difficulty of this exercise by increasing the distance you push or pull while sitting.