



# Outdoor Fitness Gyms



# What is an Outdoor Fitness Gym?

- New healthy activity option in parks
- Free access to high quality exercise
- Easy-to-use outdoor gym
- Cluster of traditional fitness equipment
- Suitable for all fitness levels
- Multi-generational from teens to seniors
- Fits into a small space similar to a playground



# Benefits

- Supports better health
- Free to the public
- Affordable to build
- Fosters social interaction
- Fun and easy to use
- Accessible and adaptable
- Durable and weather-resistant



# History



1970s – Parcours (Fitness Trails)



2001 – Fit Kid Playgrounds



2008 – Playgrounds for Seniors (Europe)



Today – Outdoor Fitness Gyms

# News Articles & Literature Review

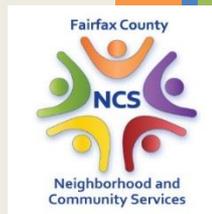
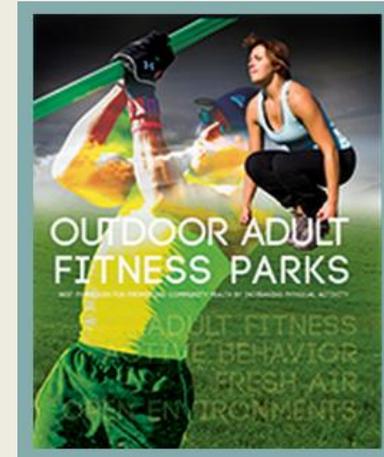
**The Outdoor Gym: Benefits & Best Practices**, A. Abel, Recreation Management, (2015)

**Outdoor Adult Fitness Parks: Best Practices for Promoting Community Health by Increasing Physical Activity**, PlayCore (2013)

**Impact and cost-effectiveness of family Fitness Zones: A natural experiment in urban public parks** (RAND study), D.A. Cohen et al., Health & Place 18 (2012)

**Free outdoor gyms a new tool in the fight against fat**, C.S. Moyer, American Medical News (2012)

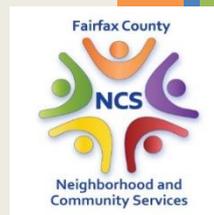
**Workouts are free at Anacostia Park's new Fitness Zone gym**, Washington Post (2014)



# RAND Study (2012)

The Trust for Public Land enlisted RAND Corp. to evaluate the impact of outdoor Fitness Zones® in 12 Los Angeles Parks.

- More new park users
- Park use increased for return visitors
- Energy expenditure (activity) in parks increased
- More exercise sessions per week



# Products & Vendors





# Fairfax County Guidelines



# Equipment & Exercise Types

- Muscle Strength
- Flexibility & Balance
- Core Strength
- Cardio



**FAIRFAX COUNTY GUIDELINES**

# Outdoor Fitness Area Types

- Multi-age Outdoor Fitness Areas
- Senior Outdoor Fitness Areas
- Fitness Trails/Trailhead Clusters



**FAIRFAX COUNTY GUIDELINES**



# Location Selection Criteria

- Countywide, District, or Local parks
- Not Resource-based parks
- Not at RECenter parks that have indoor fitness
- Locations with available parking and good access
- Locations with other active recreation
- Densely populated areas with good pedestrian access
- Underserved areas of the County
- County Senior & Community Centers
- Other County owned sites (schools, libraries, etc.)



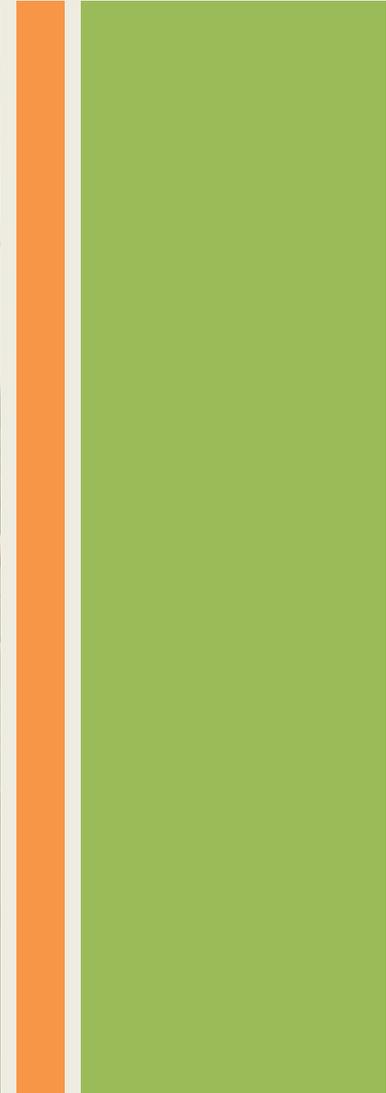
**FAIRFAX COUNTY GUIDELINES**

# Site Conditions Criteria

- No sensitive resource areas (natural & cultural resources)
- Good visibility from site entrance & active areas
- Direct access from available parking
- Level grading and ADA accessibility
- No conflicts with utility easements
- Physically separated from children's play areas
- In shade for at least part of the day (preferred)
- Water source nearby (preferred)
- Public bathrooms nearby (preferred)



**FAIRFAX COUNTY GUIDELINES**

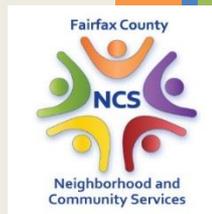


# 2015 Greenfields Grant



# GREENFIELDS GRANT

- 50% match towards cost of equipment
- Competitive application process
- Targeted to underserved areas
- Awarded to Lincolnia and Gum Springs!
- National Demonstration Sites
- Installation expected in Spring 2016



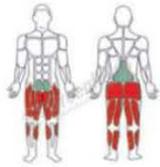
# GREENFIELDS GRANT FUNDED EQUIPMENT



# TWO-PERSON CROSS COUNTRY SKI

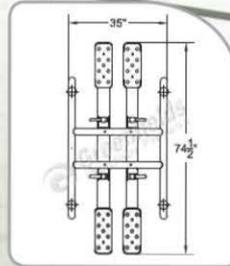
GR2005-1-26

Equipped with **SafeStop**



Target muscles  
Secondary muscles

- Strengthens leg muscles
- Improves cardiovascular endurance
- Helps recover some lost agility
- Great social activity



**The Greenfields Advantage** - this unit incorporates Safe-Stop technology for a workout that's smooth and hazard-free



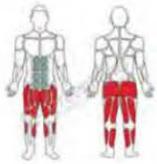
[greenfieldsfitness.com/two-person-cross-country-ski-video.html](http://greenfieldsfitness.com/two-person-cross-country-ski-video.html)



Promoting Wellness & Fighting Obesity One Community at a Time.™

# FOUR-PERSON LEG PRESS

GR2005-1-104



Target muscles  
Secondary muscles

- Strengthens abdominals and leg muscles, particularly quads and calves
- Great social activity
- Can be used by four people simultaneously



[greenfieldsfitness.com/four-person-leg-press-video.html](http://greenfieldsfitness.com/four-person-leg-press-video.html)

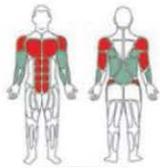


# Greenfields Outdoor Fitness.

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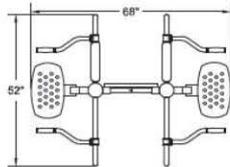
## 4-PERSON PENDULUM, ABS & DIPS STATION

GR2005-1-22



Target muscles  
Secondary muscles

- Strengthens upper body, biceps, forearms, lower back and abdominals
- Loosens hips and side
- Can be used by four people simultaneously
- Great social activity



[greenfieldsfitness.com/four-person-pendulum-abs-and-dips-video.html](http://greenfieldsfitness.com/four-person-pendulum-abs-and-dips-video.html)

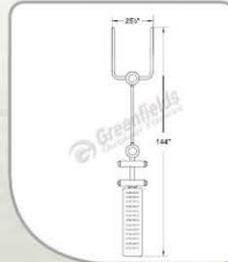




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# THREE-PERSON STATIC COMBO

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Strengthens upper back, shoulders, biceps and core

**Target muscles**  
Secondary muscles



[greenfieldsfitness.com/3-person-static-combo-video.html](http://greenfieldsfitness.com/3-person-static-combo-video.html)

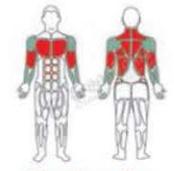
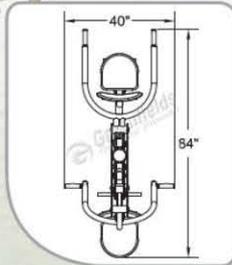




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## TWO-PERSON BACK & ARMS COMBO

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Target muscles  
Secondary muscles

- Strengthens back, biceps, triceps and chest
- Can be used by two people simultaneously



[greenfieldsfitness.com/two-person-back-and-arms-combo-video.html](http://greenfieldsfitness.com/two-person-back-and-arms-combo-video.html)



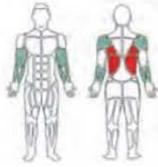


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# TWO-PERSON ACCESSIBLE VERTICAL PRESS

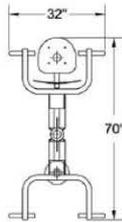
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U.S. Patent 9,079,069 B1

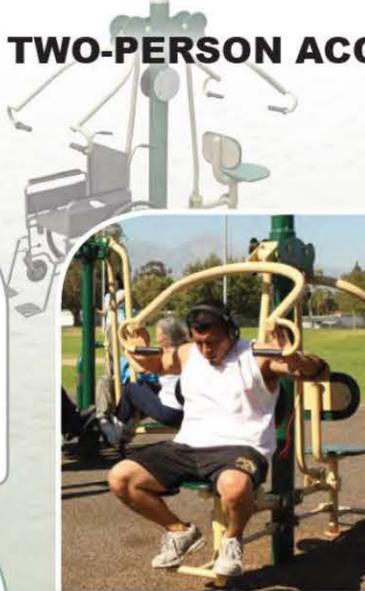


Strengthens shoulder and arm muscles

Target muscles  
Secondary muscles



[greenfieldsfitness.com/accessible-vertical-press-video.html](http://greenfieldsfitness.com/accessible-vertical-press-video.html)



*Wheelchair-accessible side can also be used by able-bodied individuals!*



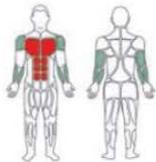


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# TWO-PERSON ACCESSIBLE CHEST PRESS

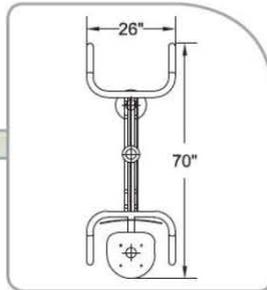
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U.S. Patent 9,079,069 B1

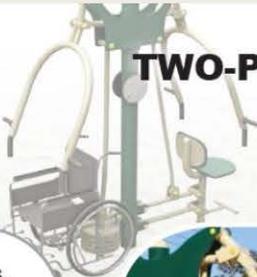


Target muscles  
Secondary muscles

Strengthens chest, shoulders, upper and mid abs, forearms and triceps



[greenfieldsfitness.com/accessible-chest-press-video.html](http://greenfieldsfitness.com/accessible-chest-press-video.html)



Wheelchair-accessible side can also be used by able-bodied individuals!



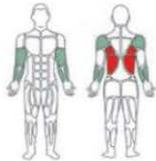


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# TWO-PERSON ACCESSIBLE LAT PULL

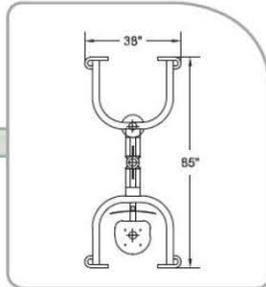
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U.S. Patent 9,079,069 B1



Target muscles  
Secondary muscles

Strengthens upper back, shoulders, biceps and core



[greenfieldsfitness.com/accessible-lat-pull-video.html](http://greenfieldsfitness.com/accessible-lat-pull-video.html)



Wheelchair-accessible side can also be used by able-bodied individuals!



# Want to partner with Fairfax County to raise funds to add an Outdoor Fitness Gym in a public park or facility?

Let us know:

[Parkmail@FairfaxCounty.gov](mailto:Parkmail@FairfaxCounty.gov)

