



# Seniors' Exercise Park in Hampton

Thomas Street Reserve, Hampton



## What is the Seniors' Exercise Park?

- An outdoor exercise space that includes several exercise stations specifically designed for older people to improve strength, balance, flexibility and mobility.

## Why use the Seniors' Exercise Park?

- It aims to help you improve your balance, strength, functional movement, range of motion and mobility.
- It has some unstable surfaces that challenge balance and promote core strength.
- It is a great way to socialise and have some fun.
- It's easy and free to use!

## Why is physical activity good for you?

Physical activity is very important for your health and well-being, so start by doing a bit and gradually building up your fitness.

- It is good for your health and can reduce the risk of developing chronic diseases (such as heart disease, diabetes, cancer).
- It can make you stronger, fitter and function better in life.
- It is good for your mental and cognitive health.

## Why exercise outdoors?

- It is great for your mental and physical health.
- It can improve your mood and reduce stress.

## Seniors' Exercise Park instructions

There are instructional signs located within the Park as well as QR Codes to help you get started.

### How does a QR Code work?

QR is short for Quick Response and it can be read quickly by a mobile phone.



Some mobile phones have an in-built QR Code scanner in their camera, however some mobile phones will require you to download a QR Code application ('mobile app').

### Follow the steps below

1. Open the camera on your smart phone
2. Line up the QR Code in the camera frame and open the notification message
3. If there is no notification message and nothing happens, then you may need a QR Code application (to download, read the following steps).

### How to download a QR Code application\* to my mobile phone

- Open your 'App Store' or 'Google Play' store
- In the search menu type in: 'Kaspersky QR Reader and Scanner' (free QR Code app suitable for most mobile phone types)
- Click on the 'search' function
- Once you found the app, click on 'install'
- Once installed open the QR app (you may be required to agree to the terms and conditions)
- If the following message appears: 'Allow to access photos, media and other files on your device', click 'allow'.
- Open the app and line up the QR Code in front of your mobile phone
- You should be able to view the content now
- There may be several free QR Code scanner apps available, you can choose the one you like.

*\*The QR Code app may require mobile data usage which may incur additional charges, please contact your network service provider for details.*

If you require further assistance please call Bayside City Council's Inclusion Officer, Andrew Shannon, on 9599 4676.

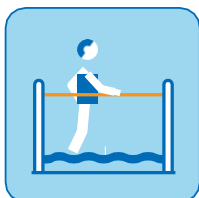
This project is a partnership between:



## Examples of exercises you can do using the Seniors' Exercise Park

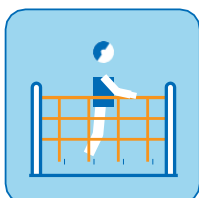
### Balance exercises

#### Balance Beam



This exercise improves your balance for walking safely on awkward surfaces such as uneven paths.

#### Gangway



This exercise improves balance on uneven and unstable surfaces.

### Coordination and functional movement exercises

#### Stairs



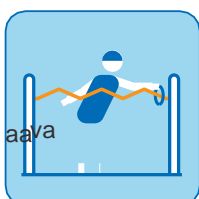
This exercise strengthens the leg muscles and improves ability for using stairs.

#### Walking Ramp and Net



The exercise helps with balance and strengthens the leg muscles. It also helps with negotiating obstacles, and clearing and positioning your feet when walking.

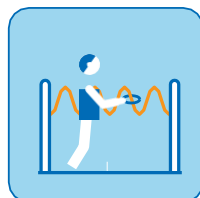
#### Snake Pipe - Small Wave



This exercise strengthens and mobilises the shoulders and back, improves reaching skill and balance.

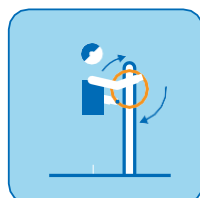
### Mobility and flexibility exercises

#### Snake Pipe – Big Wave



This exercise improves strength and mobility of the shoulders.

#### Hand Roll



This exercise helps mobility of the neck, shoulder and elbow joints.

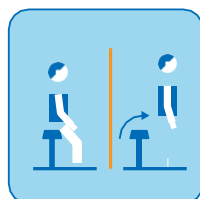
### Strength exercises

#### Push Up



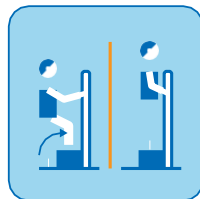
This exercise strengthens your arms, shoulders, back and core muscles.

#### Sit to Stand



This exercise strengthens your leg and back muscles.

#### Step Up



This exercise strengthens the leg muscles and improves ability for using stairs.

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