

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

**Why exercise outdoors?**

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

**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 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!

**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.
* 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.*

**Seniors’ Exercise Park in Hampton**

Thomas Street Reserve, Hampton

**1.**

**2.**



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’).

**3.**

Open the camera on your smart phone

Line up the QR Code in the camera frame and open the notification message

If there is no notification message and nothing happens, then you may need a QR Code application (to download, read the following steps).

**Follow the steps below**

**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.

**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 filles on your device’, click ‘allow’.
* Open the app and line app the QR Code in front of your mobile phone
* You should be able to view the content now

**.**

**This project is a partnership between:**

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

**Examples of exercises you can do using the Seniors’ Exercise Park**



**Balance exercises**

**Balance Beam**

**Mobility and flexibility exercises**

**Snake Pipe – Big Wave**

This exercise improves your balance for

walking safely on awkward surfaces such as uneven paths.

This exercise improves strength

and mobility of the shoulders.

**Gangway**

**Hand Roll**

This exercise helps mobility of the neck,

shoulder and elbow joints.

This exercise improves balance on

uneven and unstable surfaces.

**Coordination and functional movement exercises**

**Stairs**

**Strength exercises**

**Push Up**

This exercise strengthens your arms,

shoulders, back and core muscles.

This exercise strengthens the leg

muscles and improves ability for using stairs.

**Sit to Stand**

**Walking Ramp and Net**

The exercise helps with balance

This exercise strengthens your

leg and back muscles.

and strengthens the leg muscles.

It also helps with negotiating obstacles, and clearing and positioning your feet when walking.

**Step Up**

**Snake Pipe - Small Wave**

This exercise strengthens the leg

muscles and improves ability for using stairs.

This exercise strengthens and mobilises

the shoulders and back, improves reaching skill and balance.

aa

3264

**This project is a partnership between:**

va