

SENIOR EXERCISE PARK – Wyndham City Council

Central Park Community Centre, at 80 Lonsdale Circuit, Hoppers Crossing

Why physical activity is good for you?

- ✓ It is good for your health
- ✓ It can reduce the risk of developing chronic diseases (e.g., cancer, cardiovascular, diabetes)
- ✓ It can make you stronger and function better in life
- ✓ Physical activity is good for your mental and cognitive health

What do we know about exercising outdoor?

- ✓ Exercising outdoor is great for your mental and physical health
- ✓ Exercising outdoor improves mood and self esteem

Why using the senior exercise park?

- ✓ The senior exercise park is specifically designed for older people
- ✓ The senior exercise park aims to improve your of balance, strength, functional movement, joint range of motion and mobility
- ✓ The senior exercise park free to use and it's a great way to socialise and have some fun at the same time!

Seniors Exercise Park Instructions

There are instructional signs located within the Park as well as instructions on our website to help you use the equipment safely

<https://www.wyndham.vic.gov.au/seniorsep>. Examples of the exercises are also provided below.

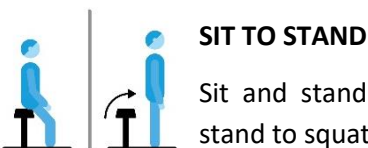
How to start

- ✓ It is recommended that you perform a general warm up before using the exercise stations. A general warm up could include 5 minutes of walking around the park.
- ✓ Initially you can spend between 30-60 seconds on each exercise station. Once you feel more confident and able to perform the exercise with ease, you can make it harder by increasing the number of repetitions over a longer period. Please allow yourself 2-3 minutes rest between after each exercise station or longer if you feel that you need it.

Health and Safety

These instructional resources are for your general information only. Please consult with your healthcare provider if you have or suspect you have a medical problem or any health risk factors. Please be advised that the use of the exercises, advice and information included in this resource is at your own risk.

Examples of exercises using the Senior Exercise Park equipment



SIT TO STAND

Sit and stand up from the seat or stand to squat and touch the bench.

It strengthens the muscles of your legs and back



STAIRS

Step up and down the steps. The handrail makes the exercise safe.

The movement helps with daily activities, raises your heart rate and strengthens your legs.



HAND ROLL

Hold the grip in both hands and gently turn the wheel in both directions.

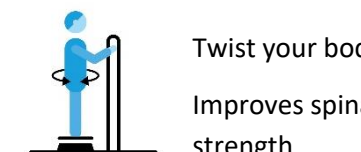
The rhythmic motion improves the mobility of the neck, shoulder and elbow joints



GANGWAY

Walk backward and forwards along the rickety bridge surface.

It improves your balance on uneven and unstable surfaces like on the bus/train/tram



CORE TWISER

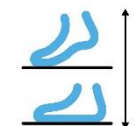
Twist your body from side to side

Improves spinal mobility and core strength



FINGER STAIRS + CALF RAISES

Climb up with your fingers one step at a time to reach the highest point possible whilst raising on your toes.



This fine motor exercise improves the agility and mobility of the fingers and shoulders while improving your stability and posture.



SHOULDER ARCHES

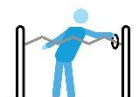
Move the balls along the bar. The curved motion can be used to rotate the shoulders and stretches the chest muscles.

Provides exercise for the trunk, elbows and shoulders mobility and flexibility.



SNAKE PIPE (WAVE BAR)

Stand with your side to the snake pipe, move the ring from one end to the other without touching the bar, alternate sides.



Stand facing the snake pipe and move the ring from one end to the other without touching the bar. Strengthens and mobilises the shoulders.

Strengthens and mobilises the shoulders and back, improves reaching skill and balance

Helps getting dressed, combing hair, washing oneself, hanging up clothes.



STEP UP

Step up and down the platform.

It strengthens your legs and improves ability for using stairs and getting in and out the bath or bus.



BALANCE BEAM

Walking on an undulating balance beam is a good balancing exercise.

Improves walking safely on awkward surfaces such as natural and unpaved paths.



WALKING RAMP AND NET

Walk up the ramp and step down either through the net or on to the ropes.

Strengthens and exercises the lower limbs, improves toe clearance as well as exercises balance and flexes the ankles.



BALANCE STOOL

Balance with both feet on the unstable stool while rocking side to side

Improves balance, strengthens the hip and deep muscles that support the spine

The Senior Exercise Park at Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing



The Senior Exercise Park



Central Community Centre parking