

## Two Styles of Senior Playgrounds

### Key Features of Style 1:

- concrete surface
- low impact exercises
- no seating
- wide open



The playgrounds generally cluster together low-impact exercise equipment that promotes balance and flexibility. Source: Xccent Fitness



Exercise stations and equipment specifically geared towards seniors promotes outdoor strength training, while raised bed gardens provide easy access to community gardening opportunities. (Source: Ida Gaye Gardens, by RVi Landscape)



## Two Styles of Senior Playgrounds

### Key Features of Style 2:

- soft surface
- low impact exercises
- many benches
- scenic



Elderly participants train on exercise machines at a pensioners' playground in Hyde Park in London, England. The outdoor facility features fun fitness equipment that offers a range of exercises to improve strength and flexibility and help adults continue active and healthy lifestyles in later years. Play areas for older people are popular in China and parts of Europe. (Source: Adrian Dennis/AFP/Getty Images)

