

Fit 60+ Functional Fitness



ACTIVATION

The **Fitness Court** supports progressive functional fitness for senior adults. Each of the seven basic movements supports activities of daily living, and each station provides users hundreds of different ways to leverage their own bodyweight for sustained health.

This **unique outdoor gym** is a safe and effective tool for seniors to increase balance, encourage mobility, and reduce risk of injury. When integrated into a regular wellness practice, the Fitness Court supports core health, hip and joint flexibility, upper body strength and lower back stability.

ENGAGEMENT



Balance Series

Tone the mind and body in a beautiful outdoor setting

Mobility Series

Maintain and restore joint health and range of motion



Challenge Series

Friendly competition for active adults in 3, 5 or 7 minute intervals

I'm encouraged and glad to see the outdoor gym includes equipment to improve balance, which is key to preventing falls. It's free and open to the public, so no one would have any reason not to take advantage of it.

Carol Claybaker, Senior Resident of Janesville, Wisconsin