

## ***First Lutheran Fitness Park***

While the FLC Playground Task force raised money for the “KIDS” playground, we felt it was also important to provide something for the “KID” in the rest of us that were not going to be using the slides and swings. With the help of a generous donation from SCOPE (Sawyer County Outdoor Projects and Education), we added the following outdoor fitness equipment to be used and enjoyed by all. We invite you to take a little walking tour of the nine pieces of equipment and see if you might find a family member or friend that will join you in trying some out and maybe even adding them to your routine.

**What are the benefits of outdoor fitness equipment?** Extensive research has revealed that exercising outdoors increases the overall enjoyment of working out as well as increasing the frequency and length of time spent exercising. Compared with exercising indoors, exercising in natural environments has been associated with greater feelings of revitalization, positive engagement, and increased energy. It has also been linked to decreased tension, confusion, and depression.

### **Just a few of the user benefits include:**

**PHYSICAL HEALTH**-builds lean muscle, increases flexibility in your joints and core, reduces the risk of cardiovascular disease, increases energy and improves your chances of living longer and healthier.

**MENTAL HEALTH**-boosts overall mood and well-being, provides greater feeling of revitalization and positive enjoyment, increases serotonin levels, improves concentration and mental acuity.

**SOCIAL HEALTH**-encourages motivation and support, attracts new users and beginners, provides opportunities for fitness classes.



The ***Airwalker*** offers a no-impact cardiovascular workout that helps improve leg and hip flexibility. This offers aerobic fitness benefits through a smooth striding motion. User determines the length of the stride. This exercise tones the muscles of the thighs, calves and shoulders. Carefully place hands on rails and place feet (one foot at a time) securely on foot pedals. Standing upright, alternate legs in a striding smooth motion. To exit, slowly decrease speed back to starting position. Continue to hold onto grab bar as you step off the foot pedals.



The ***Double Dip Station*** has the bars at two heights. Using the bars that work best for your height, center yourself between the bars, grabbing both bars and jumping up so that your body(hips) are about even with the bars with arms fully extended. Slowly, lower your body down(dip) by bending your elbows and push back up again. Repeat. Works on upper body and arms.



The ***Joint Use Pull-Up*** bar provides users of all abilities the chance to do pull-ups at a height that works for the participant. Working on upper body strength, the three heights provide a chance for everyone to participate. Works on your core and upper body. If you CANNOT pull your body up, hold onto the lower bar, put your feet together almost under the bar and then release your arms so that your body falls back away from the bar....then pull yourself back to the bar without moving your feet.



The ***Double Back Massage*** is used to limber up your back and shoulders, with the rollers working both vertically and horizontally across your back muscles. Great to do at end of workout. Hold onto the handles and move your body to engage the rollers.....enjoy!



The **Double Pendulum Swing** can be enjoyed by two persons at same time, making your exercising more enjoyable. (can be done by one person also)

Place hands on the handlebar and step onto the foot platform with both feet(one foot at a time). Start slowly swinging from side to side, getting your heart rate up if you'd like, or just use it to loosen up your mid-section and hips. This helps all of your body and your flexibility.



The **Double Station Leg Press** provides athletes, both novice and professional, with a low impact workout to tone your thighs and lower body. As you sit on the seat and grab the hand grips, push on the pedals and you will start to lift your own weight.(seat will move upward as this happens) This machine will leave you feeling stronger, more flexible and rejuvenated.



The **Double Station Chest Press** works to tone your chest and core muscles of the body. This low impact workout tones the core body and shoulder muscles, replicating a bench press. This tones up muscles, giving you a firmer appearance. Sitting on the seat, grab bars and press against the bar. You will lift your own weight, so the seat will move as you press harder, lifting you upward.



The **Double Station Glider** is a low impact exercise that is similar to an elliptical machine. It can be used by one or two persons, working on total body fitness. Has many of the benefits of cross country skiing without the safety risks of sliding over the snow. You'll tone shoulder and leg muscles while activating your core for better posture and balance. Holding onto the handles, step one foot at a time onto the foot pedals. Slowly start "walking" and moving your arms with the handles. Increase speed as you get more comfortable with it. To stop, gradually slow down pace til stopped. Step off, holding onto handles until firmly on ground with both feet.



### **Multi-Gym (3 stations)**

**Single station rider**-sit on seat and pedal. Classic stationary bike to engage legs, arms and core, engaging all of your body.

**Swiffle seat**-Hold onto the handle and sit on seat. While holding handles, swivel the seat from side to side to loosen the waist and lower back. Hold once swiveled to stretch muscles. Repeat.

**Rotator wheel**- stand perpendicular to wheel, grab handle with inside hand and slowly rotate the wheel circularly, going both directions. Used for shoulder, chest & upper back flexibility. Repeat with other arm after switching so you are facing opposite direction.

