

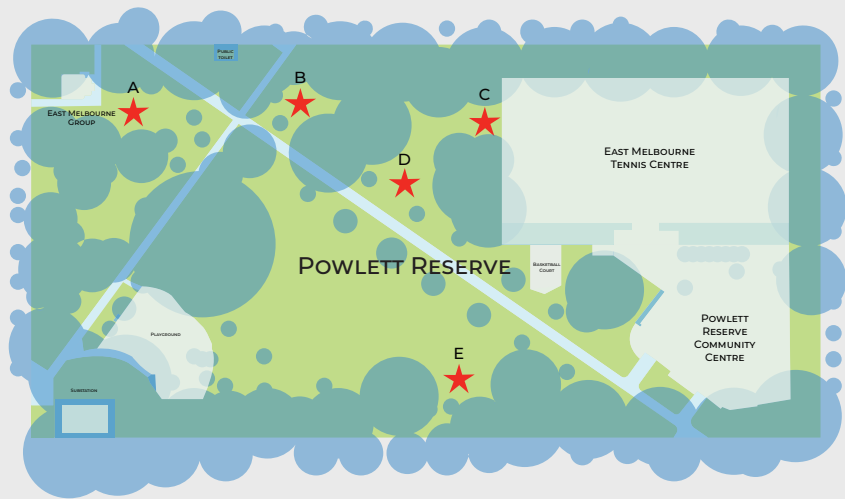
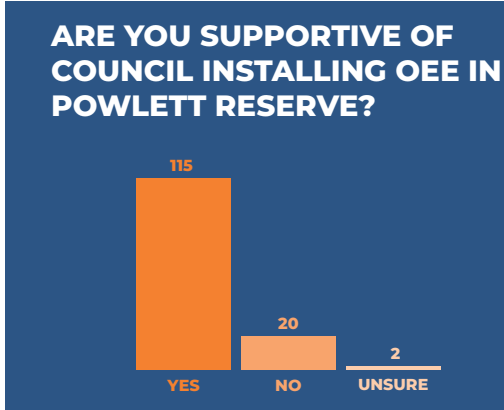
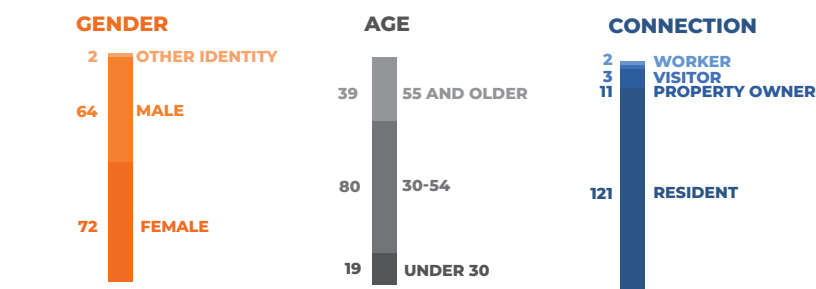
POWLETT RESERVE

OUTDOOR EXERCISE EQUIPMENT

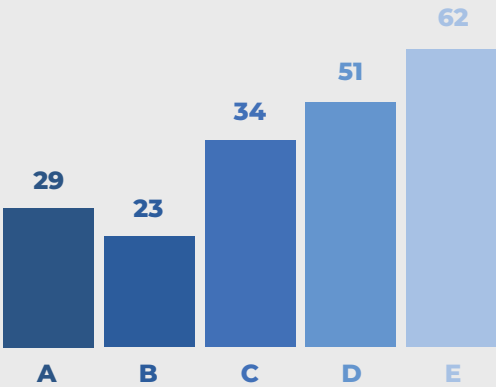
COMMUNITY ENGAGEMENT SUMMARY

City of Melbourne is considering installing outdoor exercise equipment (OEE) at Powlett Reserve. We asked the community what kind of exercise you prefer, your exercise habits and motivations, and what type of equipment would be most useful.

WHO WE HEARD FROM



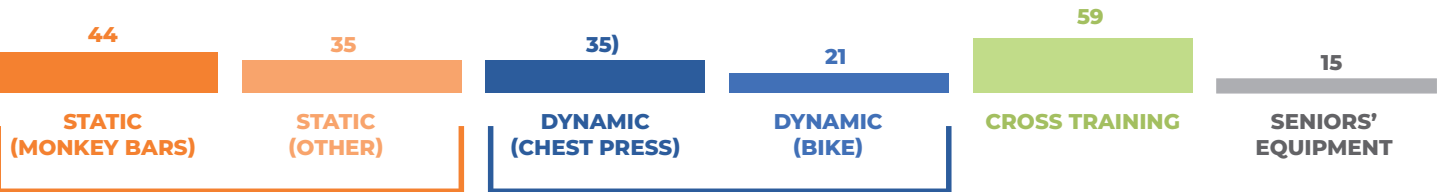
PREFERRED LOCATION FOR OUTDOOR EXERCISE EQUIPMENT



EXERCISE PREFERENCES

- We found out that people are most likely to:
 - Exercise in the morning, between 5am and 12pm (70 respondents out of 139)
 - Exercise alone, as opposed to with friends, family or a group
- Fitness was the most common primary motivation people had for exercising (83 respondents out of 139)

PREFERRED TYPES OF EQUIPMENT



Static equipment (monkey bars and other) was most commonly chosen, followed by cross training equipment. Dynamic equipment (chest press or bikes) was the third most popular type of equipment.

Overall, responses to this question were fairly evenly spread, indicating that a broad variety of equipment is wanted.

Seniors' equipment was selected by significantly fewer respondents than other options, (likely because of the proportion of respondents in this age bracket.)

- **Equipment to improve strength was most commonly desired, particularly pull up and dip bars:**

"Calisthenic equipment very useful including parallettes, high pull up bars rings (lots of people do rings in the park), pull up bars with varying angles, enough space for skipping, yoga, warm ups."

"The exercise equipment at Citizens Park in Richmond is a great example of what to install including medium and high pull up bar, parallel bars for dips etc, low bars for incline pull ups and various steps for leg workouts."

- **Static equipment was favoured by more respondents than dynamic equipment.**

Static: *"Strongly suggest installing static (rather than dynamic) equipment. ... While it might be slightly easier for people to understand what to do with them [dynamic] than simple horizontal bars etc., they also bring with them a higher level of injury risk when used with incorrect form. A simple set of instruction panels for static equipment will help overcome any obstacles to using static equipment for people new to strength/resistance exercise..."*

Dynamic: *"Decision to use outdoor equipment will depend on what is installed. If a rowing machine/horizontal row, elliptical/cross trainer, stationary bicycle, treadmill, seated row, hand bike, lat pulldown, chest press, chin-up bar, pullup bar, leg press are among the equipment installed, I'd regularly use the equipment."*

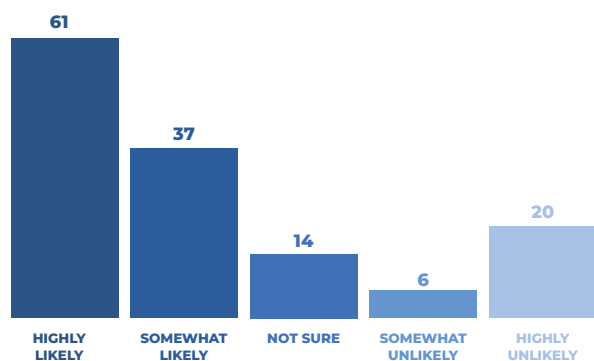
- **Calls were made to locate the OEE away from the playground:**

"Also can we please have the equipment on the other side of the play ground as it will be considered another playswings by parents and children."

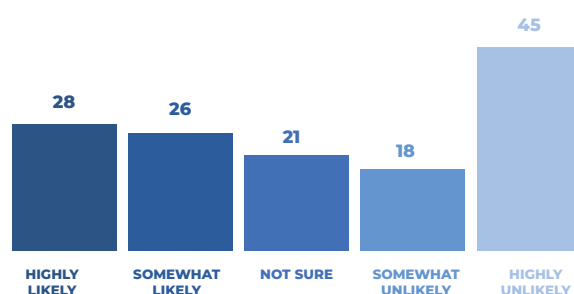
- **Some opposed installation of equipment altogether:**

"I do not think the park should be spoilt by taking up more recreation space with equipment likely to be used by very few."

HOW LIKELY ARE YOU TO REGULARLY USE OUTDOOR EXERCISE EQUIPMENT IN POWLETT RESERVE?



HOW LIKELY ARE YOU TO REGULARLY USE OUTDOOR EXERCISE EQUIPMENT TARGETED AT SENIOR USERS TO IMPROVE MOBILITY, DEXTERITY, BALANCE AND STRENGTH?



Note: When results were filtered to show only responses given by those over 55 years old, "highly likely" became the most common response. This indicates interest in senior-focused equipment among older respondents, while others wanted more universal provision of equipment.

Those over 55 years of age said:

"Please target the equipment for mostly seniors as the area is mainly seniors who will use this equipment."

Those under 55 years of age said:

"Any space should cater to younger users too, not just the elderly."

A case for stretching and balancing equipment for all age groups:

"I'm not a senior, but I think that facilities that encourage people to work on their balance absolutely and coordination shows inter generational design and intelligence."