



Seven Advantages of Outdoor Fitness Equipment in your community

www.Westplay.ca

Outdoor fitness equipment is an alternative for community members to exercise safely, contact nature, improve their physical condition, and avoid a sedentary lifestyle. Here are seven benefits of outdoor fitness equipment:

1.-Strength, flexibility, and cognitive ability

Physical activity has many positive effects on our body, such as improving our strength, balance, and flexibility. Scientific research also shows that exercise increases cognitive ability, especially at a young age; People who frequently exercise also significantly improve their ability to focus and learn new skills.

2.-Share with family

Outdoor exercise equipment allows family members to exercise in a safe, fun, and interactive environment. Parents can exercise while young children play, teaching them good habits, and improving their physical condition. It is important to note that teens can also exercise in this environment, which is an effective way to interact with parents, relax, and improve their fitness.

3.-Connection with nature

Exercising in an open space and observing nature serves as a distraction from the daily routine, reduces feelings of fatigue, stress levels, and the risk of mental illness. Another positive effect is that it increases our degree of connection with nature, allowing us to be part of it and strengthening our sense of belonging.

4.-Exercise as a couple

Exercising outdoors is a positive habit that can be done as a couple; thus, the bond is reinforced. A special space is created for the couple to communicate, exercise, and strengthen safely and healthily.

5.-The decrease in Covid19 infections

Unlike closed gyms, exercising outdoors reduces the spread of Covid19; This is because, in an open space, aerosols tend to dissipate quickly, which is not the case in confined or poorly ventilated places.

6.-Social meeting point

As outdoor fitness equipment becomes more popular, it becomes a natural and intergenerational meeting point for community members, which is of great benefit to the inhabitants of that area. This is because these spaces are very accessible as they have different access points and parking available at different times of the day, allowing users to access free training when it suits them.

7.-Change of environment

Training with outdoor fitness equipment allows people to change their surroundings easily, take in nature, and interact with others in their community. Although some people may prefer to go to a gym or exercise in their own home, it is recommended that you break this routine from time to time to stimulate yourself, stay motivated, and exercise outside provides different activity options.

How to finance Outdoor Fitness Equipment for my community?

Capital funds from the British Columbia provincial government cover most of the capital costs for the acquisition or construction of playgrounds and outdoor fitness equipment. Boards of education present capital plans that include details on playground construction priorities in their school districts. The provincial government establishes a general capital budget for schools based on the ministry's capital allocation. Each capital request is analyzed according to specific criteria, and the available resources are assigned to the highest priority projects. Below, we share a list of places where you can request financing for a playground and outdoor fitness equipment in your community:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/capital/programs>

