

Appendix A

Title: Installation of Physical Exercise Bars (Callisthenic Station) in Duthie Park

Statement: To install some Physical Exercise Bars (Callisthenic Station) e.g., Dip Bars, Pull-ups bars, Monkey Bars, Wall Bars, Pummel Horse. in Duthie Park in order to help to look after the community physical & mental health as well as their budget during this cost-of-living crisis by promoting healthy lifestyle initiatives within the park without incurring on expensive fitness centre memberships. Having a callisthenic station in Duthie Park would facilitate and encourage regular physical activity. It would promote a healthy lifestyle and would be a venue for families to be active together as well as encouraging new friendships and community engagement.

Justification: During COVID-19 when gyms and leisure facilities were closed, parks became the only place where individuals could keep active. Even though there are no longer COVID 19 restrictions in place, and gyms have reopened, many individuals are still attending Duthie Park to do regular physical activity. Some choosing not to return to indoor fitness facilities, recognising the mental health benefits of being outdoors and enjoying nature.

Local government can help communities to look after their physical & mental health as well as their budget during this cost-of-living crisis by promoting healthy lifestyle initiatives within their parks. Not everyone can afford expensive fitness centre memberships. One such initiative, is to provide/install callisthenic station equipment in Duthie park (push up bars, parallettes, etc). These fitness stations can benefit both physical and mental health. They can reduce high blood pressure, help manage weight, reduce the risk of heart disease, stroke, as well as, improving bone and muscle strength, increases balance, flexibility and fitness.

Having a callisthenic station in Duthie Park would facilitate and encourage regular physical activity. It would promote a healthy lifestyle and would be a venue for families to be active together as well as encouraging new friendships and community engagement. It is recognised that regular exercise improves mental health, promoting good mental health well-being - reducing the risk of depression, cognitive decline and delays the onset of dementia. It is also a way to encourage teenagers and youngsters to avoid sedentary behaviour and low levels of physical activity that can have negative effects on their health, well-being, and quality of life. Calisthenics exercise is not only for youngsters starting calisthenics at age 40 or 50 can help you to stay in shape and improve your overall level of fitness. Most importantly of all, this initiative is inclusive, it is for everyone.

Callisthenic stations in parks offer effective cross-generational open space development with low investment compared to complex sports facilities. They are extremely sturdy and hard-wearing with low maintenance/repairs. They are an easy to install free infrastructure e.g., Dip Bars, Pull-ups bars, Monkey Bars, Wall Bars, Pummel Horse. Callisthenics offers effective training using body weight alone rather than conventional gym equipment, using the practice of repetitions of movement to help build muscle whilst burning calories and improving fitness. Calisthenics can be a

warm-up or cool-down for another fitness routine or sport, or it can be a workout in its own right.

There are many examples of good global government initiatives in communities where calisthenics stations have been developed within parks on this website.

For instance, a good example can be seen in London, Steel Warriors Finsbury Park (13 Endymion Road, Harringay, London, N4 1EE, United Kingdom)

<https://calisthenics-parks.com/spots/15357-en-calisthenics-gym-london-steel-warriors-finsbury-park>

The website below it is an excellent example of an Irish company that supply the different equipment and design layout needed for a Callisthenic Station.

<https://www.outfit.ie/calisthenics>

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Received 105 signatures.