

Recreation

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# APPENDIX I

**LifeTrail**®

the world needs

play




Adult Recreation Activities



**LifeTrail**

**Standing Push-Up**

Play is beneficial at every stage of life, but it's especially important later in adulthood when staying active is vital to living longer and healthier. Infusing play into adult recreation helps make sure it's not just healthful but sociable and fun.



the maturity of play

Walking is the most common form of outdoor recreation among older adults. LifeTrail is specifically designed to provide older adults with the opportunity to walk outdoors, and to stretch and strengthen their body.

The ten LifeTrail wellness stations can be installed along existing walking paths to provide a variety of exercise options prior to, during or after a normal walking routine. As the stations create stopping points along a path, they also become social gathering places where people can exercise with friends or meet new acquaintances.

# LifeTrail Wellness Station Features



## Why you should buy LifeTrail:

1. Older adults are the fastest growing segment of the population. LifeTrail is designed to meet the needs of older adults.
2. Active, older adults are committed to total body wellness. They embrace a healthy lifestyle and enjoy the outdoors. LifeTrail provides a series of age appropriate, outdoor activities specifically designed to help older adults maintain a maximum level of wellness and independence.
3. Walking is the preferred and recommended form of exercise among older adults. LifeTrail enhances a walking routine by providing upper and lower body exercises for a comprehensive fitness program.
4. Older adults are politically active and influential in their communities. They serve on boards and committees where decisions are made about allocating funds to best serve the needs of their peers.
5. LifeTrail is an easy, affordable way to add exercise activities and allows you to promote your facility to active, older adults.

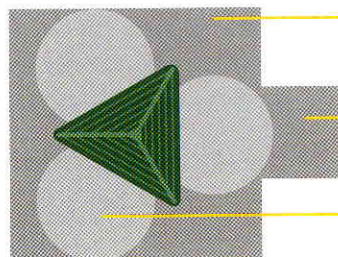
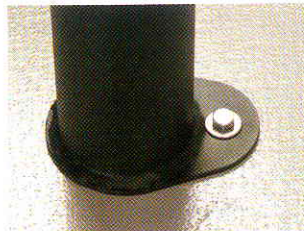
## Researched and Designed by Experts

Extensive research went into the planning and design of LifeTrail. Each of the ten wellness stations was conceptualized and designed in collaboration with gerontology, kinesiology and recreation experts from Pennsylvania State University. LifeTrail was rigorously field-tested through observation, individual interviews and focus groups of older adult participants.

Each wellness station features a sophisticated, appealing design and is constructed from highly durable, weatherproof materials.

## Installing LifeTrail

Installation is simple and can be easily accomplished by an existing maintenance crew or local contractor. Surface mount installation is completed by bolting directly onto the concrete pad (see below).



■ 11' x 11' (3,35m x 3,35m) concrete pad

■ 4' (1,22m) wide connection to path

■ 5' (1,52m) turning circle for wheelchair access

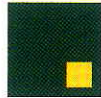


■ Rotomolded roof is made from 1/4" (6mm) high density polyethylene with UV treatment to resist fading. The roof fits over the top of the panels and posts to easily shed water.

■ Posts and grab bars are galvanized, triple-coated steel, painted with super-durable, polyester powder-coat paint that has been weather tested for color and gloss retention. This also makes them easy to clean. The stations are available in two landscape themed color options:



Deep chocolate with copper accents



Bottle green with gold accents

■ Grab bars and non-slip treads facilitate balance and stability.



■ Each activity panel has clear illustrations and contains instruction copy that is printed with large type to make it easy to read. Each panel is made of 1/4" (6mm) fiberglass-reinforced plastic that is simple to clean.

■ Adjustable resistance control mechanisms (for appropriate activities) provide different levels of challenge.



■ Each panel contains an inspirational or thought provoking quote.

■ There is a risk management disclaimer on every station.

# Ten LifeTrail Wellness Stations

## 1. Welcome

The Welcome station walks the user through the basics of using LifeTrail. The panels describe the general benefits of exercise and give instructions for optimizing the use of LifeTrail based on physical ability.

## 2. Lower Body Warm-Up

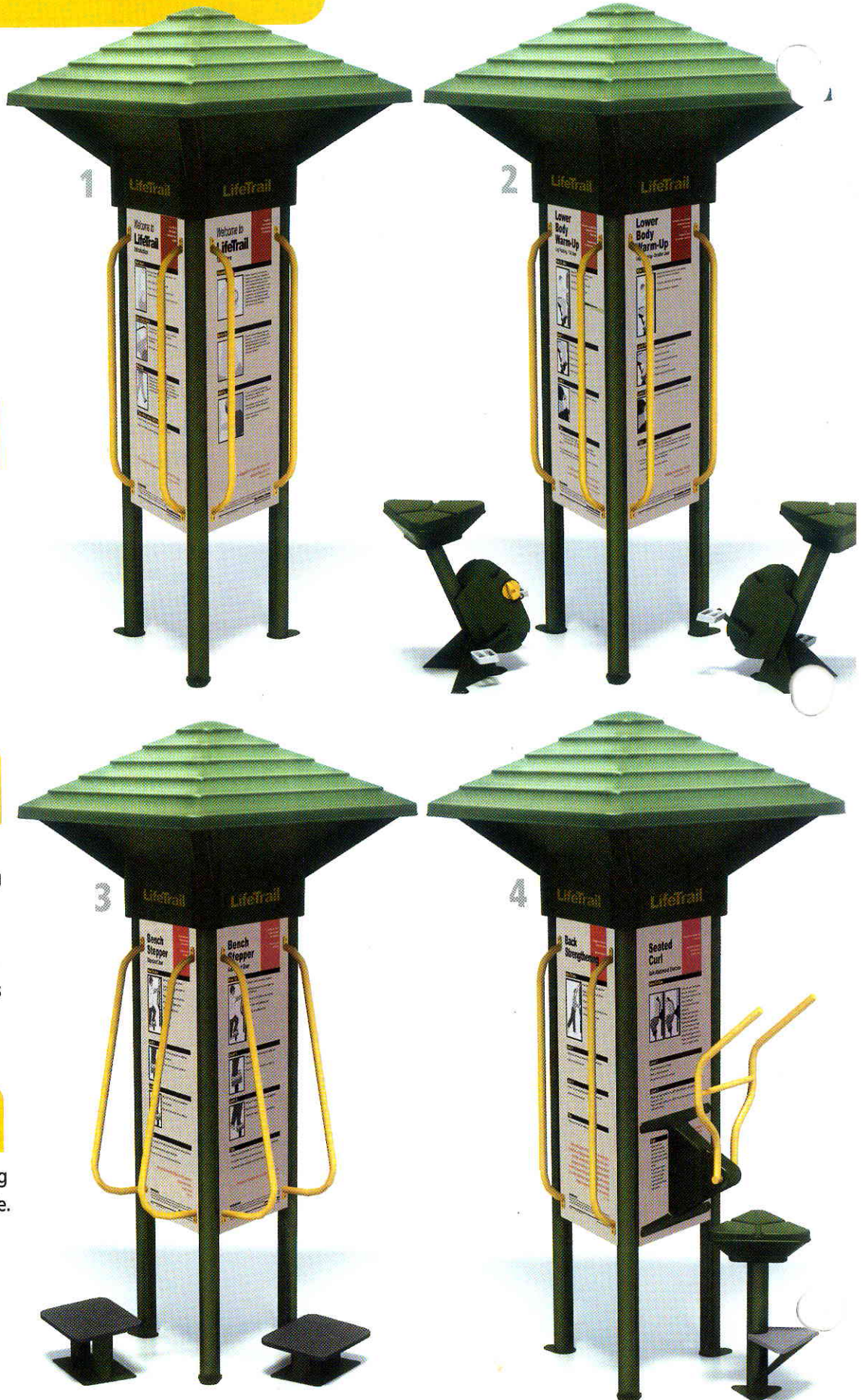
The Lower Body Warm-Up is as easy as riding a bike. Leg pedaling gradually warms the muscles to reduce the risk of strain. Warm-up exercises also prepare the heart for further exercise. Advanced users can increase the resistance so the pedals move with moderate difficulty.

## 3. Bench Stepper

Weak leg muscles are a major contributor to accidental falls among older adults. The Bench Stepper increases leg strength and balance. Two different step heights allow the user to choose the height that works best for their leg length.

## 4. Torso Stability

Developing and maintaining a strong back is key to a healthy, pain-free life. A strong abdomen provides the support needed for a healthy back. The Torso Stability station has two exercises to strengthen the lower back and abdominal muscles.



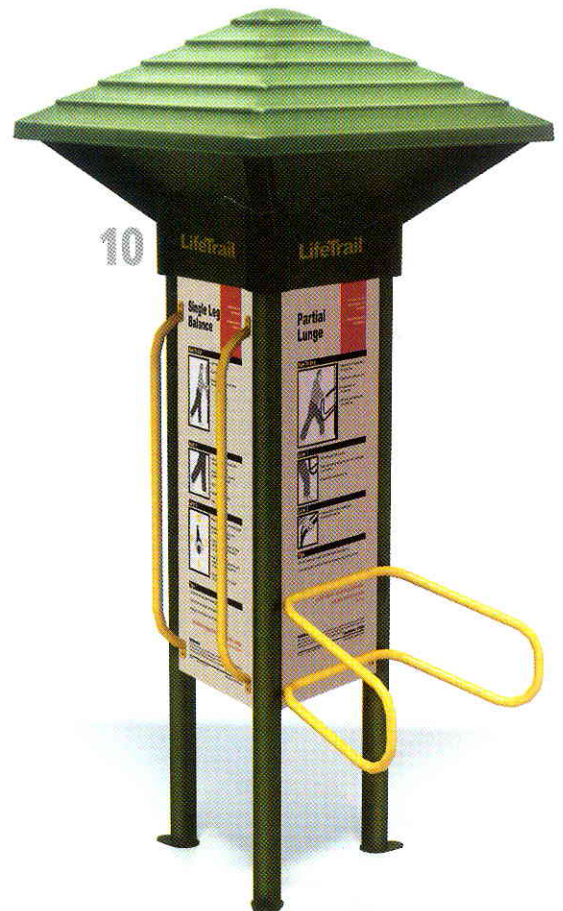
### 9. Lower Body Stretch

Many active, older adults enjoy dancing or taking walks outdoors. Flexibility in their ankles, legs and hips help them enjoy these activities safely. This station stretches the calf and hamstring muscles and is designed to increase the range of motion of the ankle joint.



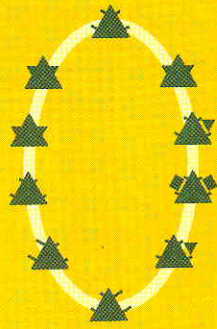
### 10. Balance

Balance exercises are an important component of any fitness program for older adults, especially since falling is the leading cause of bone fractures for this segment of the population. By improving balance, older adults can participate in the activities they enjoy without the fear of falling.

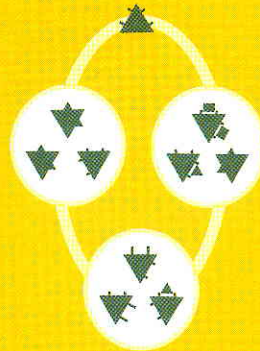




## LifeTrail can be configured to work with your site layout.



Walking Path

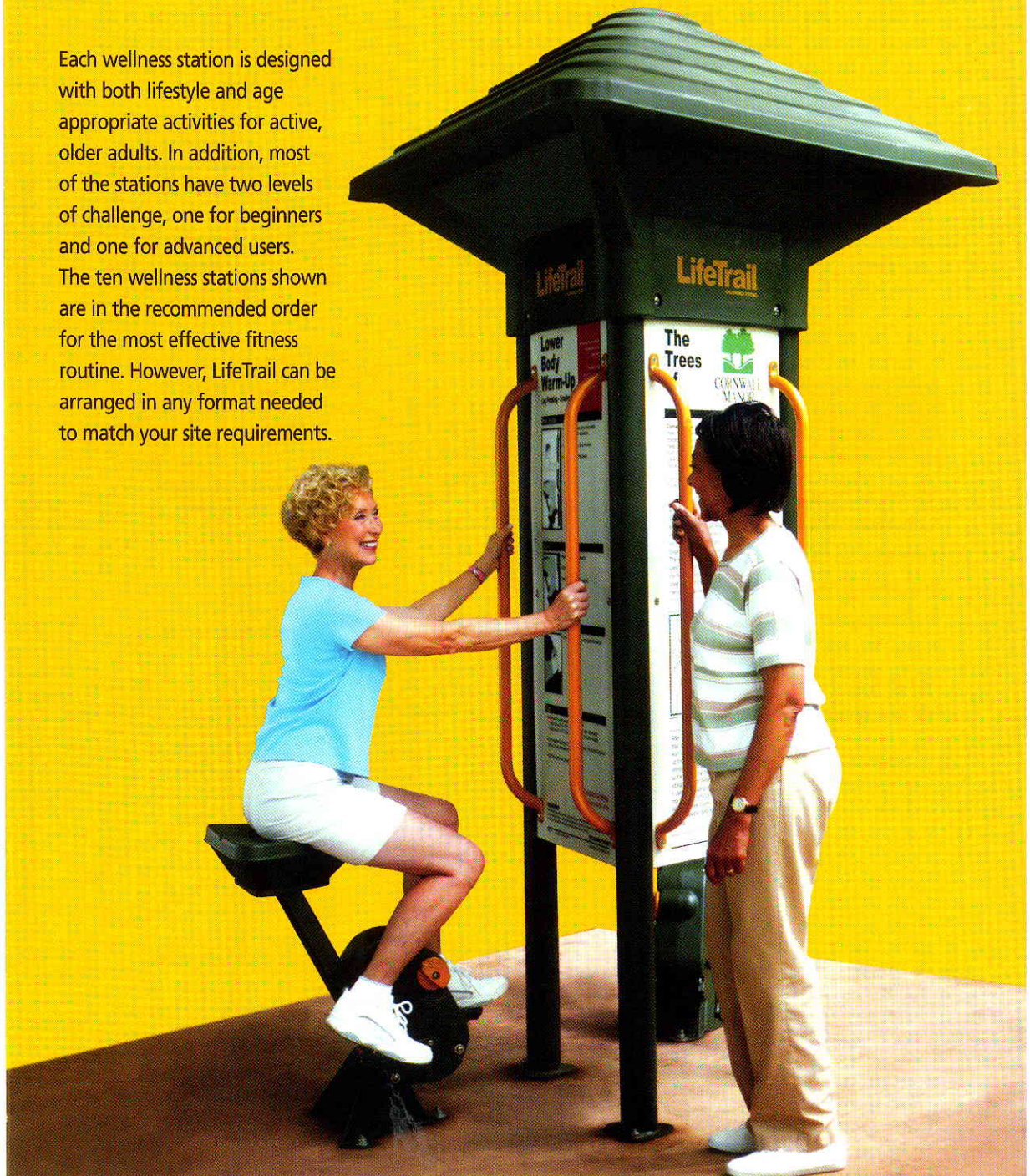


Cluster



Single Group

Each wellness station is designed with both lifestyle and age appropriate activities for active, older adults. In addition, most of the stations have two levels of challenge, one for beginners and one for advanced users. The ten wellness stations shown are in the recommended order for the most effective fitness routine. However, LifeTrail can be arranged in any format needed to match your site requirements.



## 5. Upper Body Warm-Up

This activity is designed to increase blood flow to the arms, shoulders, chest and back. Arm pedaling at low resistance is an excellent warm-up exercise and can increase shoulder mobility. At higher resistance, this exercise increases upper body strength and stamina.



## 6. Standing Push-Up

Pushing a grocery cart, and getting in and out of the bathtub become simpler tasks with improved upper body strength. Push-ups are one of the best all around upper body strength exercises and this activity strengthens the chest, shoulders and upper arms.

## 7. Forearm Rolls

Adequate hand and forearm strength are important for many daily activities. The Forearm Rolls exercise simulates the motion of wringing water out of a towel and strengthens the hands and forearms.



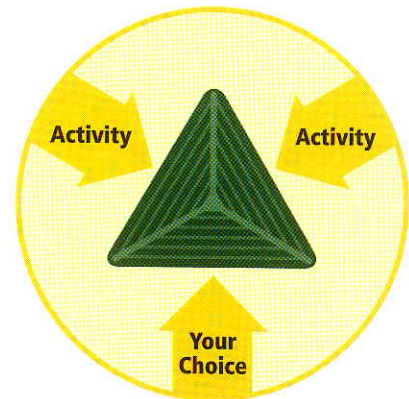
## 8. Upper Body Stretch & Strengthen

The spring-loaded levers in this station work to improve upper body strength and stretch the muscles between the shoulder blades and back of the neck.

# Customize Your LifeTrail Wellness Stations

Each wellness station is comprised of three sides, two of which are activities. These activities have been developed to address the major components of a well-rounded fitness program for older adults.

The third side can be customized to suit your needs. You can either choose one of our standard informational panels, or for an additional cost, you can select a wheelchair/ADA accessible activity or create your own custom panel.



## 1. Standard Informational Panel

There are ten informational panels to choose from. Each provide the user with important health information and tips for healthy living.

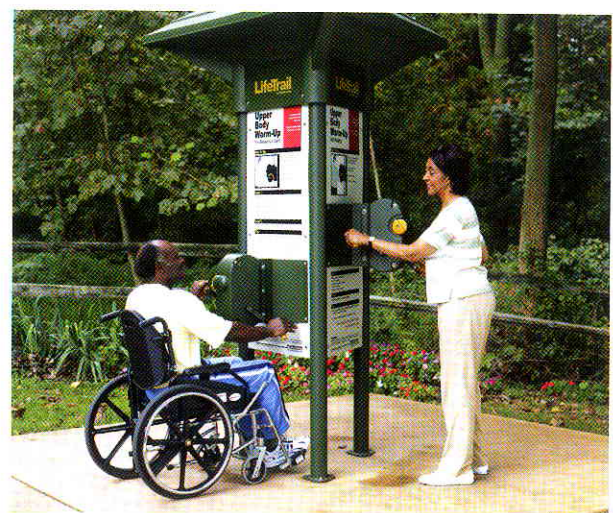
- Benefits of Exercise
- Exercise For Your Mind
- Fall Prevention
- Healthy Eating
- Osteoarthritis
- Osteoporosis
- Posture/Safe Lifting
- Stress Reduction
- Pain Management
- Tai Chi
- Yoga



## 2. Wheelchair/ADA Accessible Option

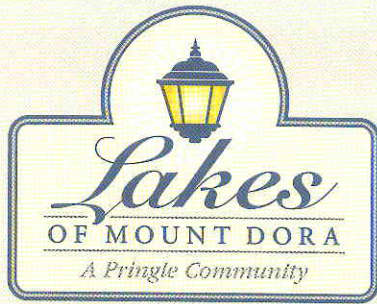
There are five wheelchair accessible activities to choose from:

- Forearm Rolls
- Pull-Up
- Stretches
- Upper Body Stretch and Strengthen
- Upper Body Warm-Up



### 3. Custom Panel Options

Our graphic designers can help you create your own custom panel to recognize a sponsor, display a map of the trail or highlight interesting facts or historical references about your park or facility. Here are a few samples, but the possibilities are endless.



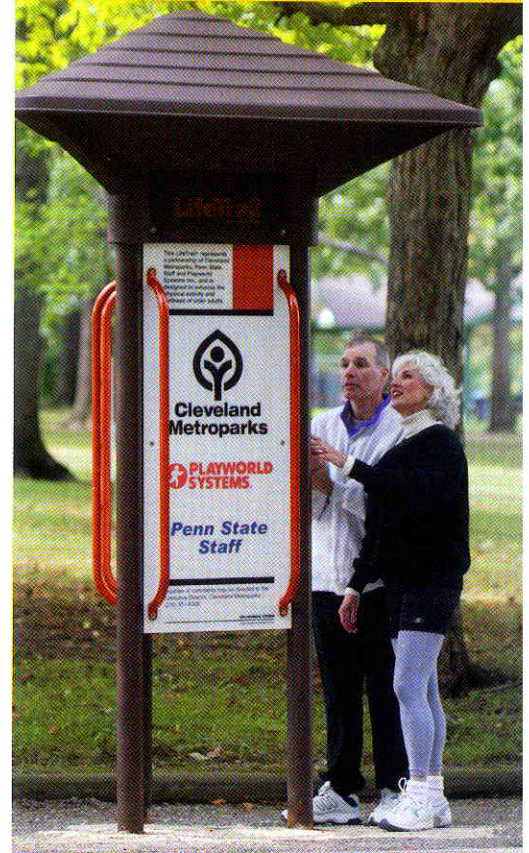
This LifeTrail is brought to you by Pringle Development for a healthy lifestyle for years to come.



Tunnell Communities  
Long Neck, DE

City of Holland  
Holland, MI

Los Alamos County Parks Division  
Los Alamos, NM



"LifeTrail gives Cleveland Metroparks another opportunity to serve the needs of its visitors. The park district has always offered trails that many visitors use for physical fitness pursuits. LifeTrail targets and encourages a special group of users who seek a lower impact level of exercise."

Jane Christyson  
Director of Marketing and  
Golf Clubhouse Services  
Cleveland Metroparks  
Cleveland, OH



*"LifeTrail has added a new dimension to our exercise program and is good for our residents in that they're no longer just going for a walk. There's now the added dimension of stretching and conditioning, the residents like that."*

*Michael Deveney  
Wellness Coordinator  
Cornwall Manor Retirement Community  
Cornwall, PA*

### FREE with Each LifeTrail Purchase

You will receive a helpful programming package with your LifeTrail purchase. This package contains simple, step-by-step instructions for each wellness station on a DVD. You will also receive an instructional CD so you can print the training manual and suggestions for motivational activities. In addition, we'll help you promote LifeTrail within your community or facility, by providing you with promotional materials that you can personalize and send out to your local media, use in newsletters or share with members of your community.

### LifeTrail Clubs

The LifeTrail Club is a fitness program that you can create for your facility or park. The concept is simply to have residents and local community members accumulate points for walking and using the LifeTrail wellness stations. When each member reaches a certain level, they hand in their score card and receive a prize. You can introduce this concept to local hospitals and businesses who may want to participate and donate prizes. We can help you create your own LifeTrail Club. Just give us a call today.

### Site Amenities

Playworld Systems offers an extensive line of site amenities that will complement your LifeTrail. Below are a few samples. For a complete selection, please visit us online at [www.PlayworldSystems.com](http://www.PlayworldSystems.com) or contact your authorized Playworld Systems representative.



Contour Bench



Garbage Can

### Outstanding Warranty

You can buy LifeTrail with confidence. The galvanized steel posts and stainless steel hardware are backed by our limited lifetime warranty. The grab bars, steel activity equipment and plastic components have a limited 10-year warranty. All moving parts are guaranteed with a limited 5-year warranty.

# Playworld Systems Brands

**We build community through play, by giving everyone in the community something to play on.**

At Playworld Systems, we believe play is essential to the well-being of people of all ages. We help people in every stage of life stay active and healthy, with innovative products that provide the highest fun and fitness value possible. Play equipment for toddlers and children. Walls and boulders for climbers of all levels. Ramps and rails for boarders, bladers and bikers. Wellness stations for older adults. We're all about recreation for life. And making it available for all.

**PlayDesigns**

**PLAYWORLD SYSTEMS**

PlayDesigns® creates playgrounds for toddlers and preschoolers on the go. These boldly colored playgrounds feature developmentally appropriate activities to help build muscle strength and socialization skills and encourage kids to use their imaginations.



**PLAYWORLD**

**PLAYWORLD SYSTEMS**

Playworld™ has been customizing fun and challenging playgrounds for kids ages 5–12 for over 30 years. With a wide range of innovative products to choose from, you'll find exciting activities that are low to the ground and high in the sky. We make sure our playgrounds are safe and inclusive, so children of all ages and abilities can play together.



**Climbing BOULDERS**

**PLAYWORLD SYSTEMS**

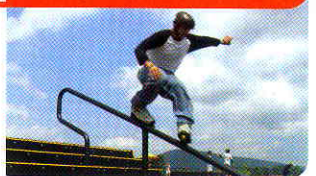
Climbing Boulders™ have the look and feel of real rock. Both the novice and experienced climber are challenged as they use their skills to conquer the many climbing routes found on each boulder. Available in five different sizes, the level of challenge increases as the boulder size increases.



**WOODWARD**  
RAMP & RAILS

**PLAYWORLD SYSTEMS**

Woodward® Ramps & Rails were created with the pros from Woodward® Camp to encourage boarders, bladers and BMX bikers to take their tricks to the next level. These ramps and rails surpass the competition in product performance, durability, quality, maintenance and design.



**LifeTrail**

**PLAYWORLD SYSTEMS**

LifeTrail® provides active, older adults with a total body workout. Comprised of a series of ten outdoor wellness stations, LifeTrail can be installed along existing walking paths to provide enjoyable strengthening, flexibility and balance activities during a normal walking routine.



**LifeTrail**



Your Authorized Playworld Systems® Represent

**THANK YOU** For Prompt Service, Please Direct  
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(A California Corporation)

**SINCE 1979**

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## Caravan Structure 63743



Use zone: 29 ft x 26 ft  
Material cost: \$11,400  
Age: 2-5 yrs

## Caravan Structure 62472



Use zone: 21 ft x 26 ft  
Material cost: \$6,700  
Age: 2-5 yrs