

# Outdoor Adult Fitness Parks™ Become a PlayCore NATIONAL DEMONSTRATION SITE

*Join our national initiative to build a network of communities promoting health through Outdoor Adult Fitness Park best practices*

Outdoor Adult Fitness Park National Demonstration Sites exemplify best practices as outlined in the guidebook, *Outdoor Adult Fitness Parks: Best Practices for Promoting Community Health by Increasing Physical Activity*.

## Qualifications

-  **1. Registration & National Recognition**  
Register your project in a National Registry by entering demographic data and site specific variables for tracking, trending, and sharing outcomes. Your leadership will be shared through the online database, presented at Internationally Accredited Professional Development sessions, and featured in local and national news outlets in order to inspire and educate other communities.
-  **2. Design Alignment to Health Benefits and Total Body Fitness**  
Ensure your Outdoor Adult Fitness Park meets the criteria of a complete, well-rounded fitness routine through product selection and design for defined benefits of (1) aerobic, (2) core, (3) strength, and (4) flexibility/balance. Design considerations such as typology, user groups, location and context, and amenities are also well-defined for engaging the community in meaningful ways.
-  **3. Community Engagement for Planning & Continuous Improvement**  
Share how you engage the community during the planning and implementation process and document examples of community meetings, fundraising initiatives, and sustainability as examples for other communities to replicate. Community engagement efforts will be described in the registration process and validated in the post-installation assessment submission.
-  **4. Promotion of Usage through Programs & Marketing**  
Describe how the community actively markets and/or programs the Outdoor Adult Fitness Park to maximize usage. Initiatives may include web promotions, onsite fitness classes, and/or special events to target users and promote community health.
-  **5. Photo Assessment Post Installation**  
Submit a photo assessment after the installation is complete to validate implementation of best practices. Above qualification criteria will be self-reported through a checklist process to describe alignment to best practices and to submit example photos that can be shared across the database network.
-  **6. Research Network for Data Collection and Reporting**  
Provide a primary point of contact for future data collection and/or research initiatives such as surveys, focus groups, and/or observations. Data will be utilized to further populate the database as an educational resource for other communities and to fuel ongoing research.

# Outdoor Adult Fitness Parks™

## PLAYCORE NATIONAL DEMONSTRATION SITE

### Benefits

Qualifying as a National Demonstration Site communicates to others that your project planning through implementation has followed best practice guidelines. Additional benefits can be tailored to support your individual project and to promote your leadership nationally for others to replicate.

#### **Designation Sign**

Receive a complimentary 'National Demonstration Site' sign that can be installed onsite for visitors to learn more about the Outdoor Adult Fitness Park initiative.

#### **National Registry**

Record your project on a National Registrar as a best practice site and promote your leadership locally and nationally through the Fitness Park map at [www.playcore.com/fitness](http://www.playcore.com/fitness)

#### **Seal for Promotions**

Once your project is registered and has qualified, you will receive the 'National Demonstration Site' seal digitally for usage in outbound marketing, fundraising, letterhead, etc. This tool can be utilized to communicate and promote the quality and purpose of your project to a variety of stakeholders.

#### **Recognition Letters and Certificates**

After submission of the post installation photo assessment, a recognition letter and certificate will be sent to the local Mayor and Parks/Recreation Director (or appropriate community contact) which can also be used in a ribbon cutting ceremony or local press.

#### **National Press to Promote Your Leadership**

Receive national press through PlayCore's Center for Professional Development. To advocate for and build this network, PlayCore will provide a variety of educational resources and highlight case studies through continuing education sessions, case study educational materials, web promotions, national press, collateral, and more. Sharing your story will help others advocate and replicate.

#### **Advocate for Health**

Implementing best practices brings a variety of benefits to your local community. You can also stay engaged with a network of communities championing for health through fitness by participating in future research that will help inform and improve health across a variety of communities!

### Contact Us

Interested in learning more about how your community can participate in a national movement for promoting community health? Contact us to learn more or to get moving today!



Request a Best Practice Guidebook

Apply to be a PlayCore National Demonstration Site

Host or Attend a Professional Development Seminar