



DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

Older Adults Stay Fit with the Help of New Exercise Stations at Five City Parks

Sacramento, California, November 6, 2007—The media and public are invited to attend the unveiling of new exercise stations at three City parks. The stations were specifically designed to help older adults stay fit. The unveiling will take place on three successive days, from **10 a.m. to 11:30 a.m.**, at the following parks: Garcia Bend Park (**Wednesday, Nov. 7th**); George Sim Park (**Thursday, Nov. 8th**); and South Natomas Community Park (**Friday, Nov. 9th**). A fitness instructor will be present at each unveiling to provide instruction on the correct use of each station.

The purchase and installation of the exercise stations was made possible by a \$100,000 grant from the Department of Parks and Recreation-managed Ethel MacLeod Hart Trust Fund for Senior Citizens. The stations will allow older adults to engage in age-appropriate strengthening, flexibility, and balancing exercises.

"Numerous studies have shown that physical activity can result in dramatic health benefits for people of all ages, but especially for older adults," said Rosanne Bernardy, Superintendent for Older Adult Services. "Even moderate exercise—like using the new fitness equipment—can lead to years of active, independent living."

A total of five City parks will eventually have the new exercise stations. The unveiling for the other parks—Jacinto Creek Park and Marshall Park—will take place on November 15th and during the first half of January, respectively.

Details

Event: Unveiling of New Exercise Stations for Older Adults

Time: 10 a.m. to 11:30 a.m.

Dates: Garcia Bend Park (**Wednesday, Nov. 7th**)
George Sim Park (**Thursday, Nov. 8th**)
South Natomas Community Park (**Friday, Nov. 9th**)

Locations: Garcia Bend Park - 7654 Pocket Rd.
George Sim Park - 6207 Logan Street
South Natomas Community Park - 2921 Truxel Road

Media-related inquires can be forwarded to Hindolo Brima, Media and Communications Specialist, Department of Parks and Recreation, at (916) 808-5972.

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