

PROJECT PROPOSAL DESCRIPTION

24. Project Summary (in about 500 words), describe the need of the proposed project including what it aims to achieve (objective and anticipated results), and who is the targeted group.

The Project is the development of an Adult Outdoor Fitness Park (AOFP) tailored to the abilities and needs of Seniors but whose use will be of benefit in maintaining and enhancing the physical well-being of all adults, especially at a time where we all lead a more sedentary style-of-Life. An AOFP is identified in Cobourg's Waterfront User Needs and Detailed Plan (May 2018). Seniors are heavily involved in the Process both leading up to and following construction of the Park through the leadership of a volunteer Fitness Park Working Group (FPWG) which includes a professional physical trainer, a physiotherapist and a retired geriatric nurse. Their work has already begun. The grant application is for funds to purchase the exercise equipment.

The need: Cobourg's percentage population age 65+ highest in Canada. (StatsCan). Need for exercise increases with age. Recovery from injuries/operations/arthritis often takes longer than OHIP provides for. The Town's senior's programs do not include AOFP exercises.

Leadership and seniors involvement began 2.5 years ago by 79 year old retired geriatric nurse with hip replacement and 82 year old male with a knee replacement and arthritis. Growing interest of many older adults and seniors produced a petition with 1038 local signatures. Since late 2016, our web-site (www.cobourgfitnesspark.org) keeps everyone up to date.

Community benefit: Exercises that maintain and enhance core strength, muscle tone, joint mobility, flexibility and balance, of benefit to all ages. Next to the Victoria Beach Boardwalk. Park will be well exposed and easily accessible.

Phase One: Create Fitness Park Working Group (FPWG) with majority seniors, to work with Town, plan and design an AOFP suitable for use by seniors and others. Uses next generation outdoor exercise equipment similar to indoor equipment. (Underway).

Phase Two: FPWG plans and executes publicity and fund-raising program. (Underway, first donation of 5,000 received)

Phase Three: Town works with FPWG on funding application, then becomes solely responsible for competitive bidding, equipment purchase. Park construction, maintenance. (Underway)

Phase Four: FPWG plans and executes an initiative that will: 1) encourage all Cobourg adults to become more physically active: 2) take advantage of opportunities offered by the AOFP; 3) link use of the Park to other senior's programs available including those at the Cobourg Community Centre, and 4) ensure that those who use the Park, especially seniors, have access to volunteer Exercise Coaches, a majority of whom expected to be retired seniors with an active interest in exercise and sports.

Measurable goals are objective and difficult to apply to a project of this nature. Our subjective conviction is that this exercise facility will be well used and succeed in improving the physical health of all who use it, this affirmed by the fact that out of a population of 18,000, 1038 Cobourg citizens signed a petition in favour, and that our new 26 million dollar Community Centre hosts many sporting events, championships and what could be called "social programs".

A June 10 resolution by Cobourg Town Council directed staff to work with the FPWG and make this application.