

A PHYSIOPARK TO STIMULATE SENIORS' PHYSICAL ACTIVITY

LYON

Age-friendly city since 03-2009
Lyon (69)

OBJECTIVES

Encourage older people to remain physically fit. Set up innovative outdoors arrangements for older people.

PRACTICAL DETAILS

Define a wise and relevant location to set up the arrangements. Choose the apparatuses in order to be sure that they will be used.

Cost: 61 000€



A PROJECT THAT MAKES SENSE

The Physio Park had been implemented in July 2014 in Lyon. It is located in the park of the 5th district town hall, which is a central park where you already could find playgrounds for children. This Physio Park is one of the first ones in France, set up within a public space. This aims to allow everybody to use it.

An informal observation had been made in order to decide where, in the park, apparatuses could be set up. We observed that older people often place themselves in order not to be excluded, nor overwhelmed by the activities of the other inhabitants. Indeed, they place themselves slightly backward but still at a place which allows them to see all the park and children playing. This is thanks to these elements of settlement that the location of the Physio

Park within this space has been chosen.

EQUIPMENTS MADE FOR SENIORS

Nine gym apparatuses have been implemented in the chosen location. These ones have been studied to allow everybody, and more specifically seniors, to practice gently fitness. The diversity of these apparatuses allows seniors to work out all the parts of their body and to improve their flexibility.

Besides, several other structures had been studied to allow people with reduced mobility to benefit from these apparatuses.

For example, one of the apparatuses aims to work on the flexibility of your wrists, another one to do flexion – extension, and a third to do rotations of the pelvis. Two pedal boards have also been set up.



AN OTHER WAY TO CONSIDER AGE

The feedbacks of the Physio Park uses have been very positive and an important of the apparatuses is already observed. Older people of Lyon show that it is possible, relevant and advantageous to set up new outdoors arrangements for older people, other than benches. Once more, this highlights that ageing is not synonymous to passivity and inertia but that it is also the role and the place of cities to imagine solutions to answer older people's expectations.