Project Background

The rise in obesity over the last two decades has been well documented in the United States. The primary public health strategies for addressing this epidemic have sought to improve nutrition and to encourage physical activity (PA). While parks are behavioral settings in which moderate to vigorous physical activity (MVPA) can occur and are ideal places for communities to be active, evaluations of parks in the United States have concluded that they are underutilized, with most people engaged in sedentary behavior. A recent response to this has been the integration of Fitness Zones®, which are free, easy to use, vandal-resistant, outdoor gym equipment located in public parks and open to everyone in the community.

The Trust for Public Land, is a national nonprofit, land conservation organization founded in 1972 with 35 offices nationwide. The Trust for Public Land is committed to transforming neglected public parks in underserved neighborhoods into vital community resources, recognizing that healthy parks contribute to the development of healthy residents. The Trust for Public Land has a particular interest in creating and evaluating parks that can optimize physical activity. These new projects will serve as model programs with methods that can be disseminated and ultimately adopted throughout their affiliated offices. To date The Trust for Public Land has installed over 50 Fitness Zones® nationally. This study will focus on The Trust for Public Land’s installation of Fitness Zones® in Denver during 2013.

Study Aims and Approach

This report examined Fitness Zones® in four Denver, Colorado public parks located in underserved neighborhoods. The study aims were:

1. What is the impact of outdoor Fitness Zones® on park usage?
2. Is there any variation in usage between individual pieces of equipment?

The evaluation approach utilized direct observation and survey methodologies. SOPARC (System for Observing Play and Recreation in Communities) measured activity levels at baseline (pre-Fitness Zone® ) and after Fitness Zone® installation. Park environmental characteristics (e.g., spatial proximity, size, number, and type of activity areas) were identified through systematic mapping and measured through direct observation characteristic coding.

At each park, areas for physical activity were identified and systematically mapped prior to data collection. Data was collected in July 2013 and August 2013 for pre-installation conditions and in October 2013 for the first of four seasonal post-installation observations. SOPARC data was collected up to four times a day at each park on four randomly selected days within a one to two week period. Survey data was collected during October 2013 at peak use. The study includes 4,365 direct SOPARC observations of which 2,844 were pre-installation and 1,521 were post-installation.

Fitness Zone® Equipment Preferences:
MOST PREFERRED - 1) Stretch Station (moveable portion) - 2) Cardio Steeper and 3) Chest Back-Press LEAST PREFERRED - Plyometrics
Evaluation Findings

The initial stage of the evaluation indicates that Fitness Zones® are well-received by park users and support the Parks for People long-term goal of providing opportunities to engage in free physical activity in low-income and under-served neighborhood parks.

#1: Does the installation of Fitness Zones® impact Denver Park usage?

1. A decrease in sedentary activity was reported at all four parks. The greatest decrease in sedentary activity (-28%) was observed at Silverman.
2. An increase in walking and vigorous activity was reported at all four parks. The greatest increase in vigorous activity (19.22%) was observed at Silverman.
3. An analysis was conducted to determine statistical significance (p<.05). The p-value ranged from .01 to .11 and are significant.

#2: How does the volume and level of MVPA in Fitness Zones® compare to other park areas?

1. On average the Fitness Zone® captures 11 - 20% of the total volume of MVPA with Lincoln having the greatest percentage at 20.16%.
2. An analysis was conducted to determine statistical significance (p<.05). The p-value ranged from .21 -.19. The analysis included separate categories for organized and unorganized activities within the activity zones. No statistical significance was shown in this categorical analysis.

#3: Is there any variation in usage between individual pieces of Fitness Zone® equipment?

1. Observations revealed a strong preference for: cardio stepper, chest-back press and stretch station (movable portion). This preference was supported by both observation and survey data.
2. The plyometrics station and other equipment with non-moveable parts were the least popular.
3. It was observed that equipment arrangement varied from site to site and did not follow standard largest to smallest muscle group configuration.

Percent Change in Park Observations by Physical Activity Levels

<table>
<thead>
<tr>
<th>Activity</th>
<th>Swansea</th>
<th>Lincoln</th>
<th>Huston</th>
<th>Silverman</th>
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<tr>
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<tr>
<td>Multipurpose Area</td>
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<td>Fitness Zone</td>
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<td>74</td>
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<tr>
<td>Playground</td>
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<td>86</td>
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<td>Shade Shelter</td>
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<tr>
<td>Multipurpose Field</td>
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<td>22 (22)*</td>
<td>103 (54)*</td>
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<td>Fitness Zone Use</td>
<td>11.23%</td>
<td>20.16%</td>
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Percent Change in Park Use by Target Zones

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<td>Playground</td>
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<td>86</td>
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<td>Shade Shelter</td>
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<td>Multipurpose Field</td>
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<td>Fitness Zone Use</td>
<td>11.23%</td>
<td>20.16%</td>
<td>11.04%</td>
<td>12.61%</td>
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</tbody>
</table>

Percent Change in Park Observations by Physical Activity Levels
Executive Summary

#4: Is there any variation in usage based on site design?

Originally the intention was to include at least one grouped and one linear Fitness Zone® arrangement. This grouping did not occur but may be a consideration in future parks.

Trends and Limitations

General trends observed during this initial phase include:

1. Greater park use in youth and adult males.
2. A higher percentage of adult park users (18+) observed in July - August 2013.
3. A decline of evening park use in October 2013 most likely due to earlier sunset times and school calendar.
4. Demographics of Fitness Zone® users varies from park to park.
5. Anecdotal observations included:
   - Park users expressed appreciation that something “useful” was being built. Park users indicated that a horseshoe pit or volleyball court were not utilized.
   - Postal carriers and garbage men using the Fitness Zones® on their breaks.
   - Children encouraging parents to try equipment with them.

Limitations for data collection include:

1. Observation/survey periods between August and October varied in terms of seasonal change (temperature, length of day, and school calendar).
2. Of the 21 surveys collected only 21 were usable due to several confounding variables:
   - Overall park use was down during the survey period
   - Absence of community events as originally planned
   - Age of Fitness Zone® users were often 13-18 and too young to survey
   - Fitness Zone® users would leave Fitness Zone® area if approached by SOPARC observers.
3. The SOPARC method has the following limitations:
   - Park users cannot be evaluated individually or over time.
   - Park users’ attitudes, beliefs, and knowledge regarding PA cannot be collected through this method.

End Notes

3. A “T-Test” assesses whether the groups are statistically different from each other
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Introduction

The recent rise in obesity over the last two decades has been well documented, both in the U.S.\textsuperscript{1,2} and abroad.\textsuperscript{3} Primary public health strategies for addressing this epidemic have included examining ways to improve nutrition and to encourage physical activity (PA). Encouraging physical activity may be related to the design of the settings in which we work and live. Behavioral settings comprise both physical and social structures that determine the types of behaviors and activities that can occur in any given space. Parks are behavioral settings in which moderate to vigorous physical activity (MVPA) can occur and are ideal places for communities to be active. Yet where parks have been assessed in the United States, they have been underutilized with most people observed engaging in sedentary behavior\textsuperscript{4}. A recent response to this has been the integration of outdoor exercise gyms or Fitness Zones\textsuperscript{®}.

The Trust for Public Land, is a national nonprofit, land conservation organization founded in 1972 with 35 offices nationwide. The mission of The Trust for Public Land is to conserve land for people to enjoy as parks, gardens, and other natural places, ensuring livable communities for generations to come. The Trust for Public Land is committed to transforming neglected public parks in underserved neighborhoods into vital community resources, recognizing that healthy parks contribute to the development of healthy children. The Trust for Public Land has a particular interest in creating and evaluating parks that can optimize physical activity, since these new projects will serve as model programs with methods that can be disseminated and ultimately adopted throughout their affiliated offices. Between 2007 and 2012, The Trust for Public Land installed over 40 Fitness Zones\textsuperscript{®} in Los Angeles’s public parks. Following this lead, The Trust for Public Land’s regional office in Florida began installing Fitness Zones\textsuperscript{®} in the Miami and Tampa Bay areas during 2012\textsuperscript{5}. Adriane Benepe, The Trust for Public Land’s Senior V.P. and Director of City Park Development, is promoting Fitness Zone\textsuperscript{®} across the United States and envisions hundreds of new installations over the next decade.

What is a Fitness Zone\textsuperscript{®}?  

In their 2011 publication, From Fitness Zones\textsuperscript{®} to the Medical Mile: How Urban Park Systems Can Best Promote Health and Wellness, The Trust for Public Land describes Fitness Zone\textsuperscript{®} as easy-to-use, open-access outdoor gyms consisting of eight to twelve durable pieces of exercise equipment designed to promote general health within a park experience, creating a supportive social context for getting fit\textsuperscript{6,7}.

The equipment is intended for ages 13+ and includes Americans with Disabilities Act (ADA) compliant surfacing. Fitness Zones\textsuperscript{®} may include bilingual health and fitness information panels with general nutrition information, usage instructions, and healthy eating guidelines. Fitness Zones\textsuperscript{®} in this study are comprised of nine pieces of free standing equipment that use gravity-and-resistance weight systems. The equipment requires no electricity and employ the user’s body weight to engage different muscle groups while improving cardiovascular health and flexibility. Equipment was manufactured by Landscape Structures.

Each Denver Fitness Zone\textsuperscript{®} has nine different fitness machines which provide strength training, flexibility and cardio workouts, including:

1. Ab Crunch Leg Lift
2. Assisted Row-Push Up
3. Balance Steps
4. Cardio Stepper
5. Chest-Back Press
6. Plyometrics
7. Pull-up, Dip
8. Squat Press
9. Stretch Station
Denver Park Sites

In 2013, in collaboration with Denver Parks and Recreation, The Trust for Public Land selected four public parks to install outdoor Fitness Zones® for community use: Huston Park, Lincoln Park, Silverman Park and Swansea Park. The following table summarizes the community demographics for each.

<table>
<thead>
<tr>
<th>Park</th>
<th>Zip Code</th>
<th>% Age 18 &amp; Under</th>
<th>Median Household Income</th>
<th>% Persons in Poverty</th>
<th>% White</th>
<th>% Black</th>
<th>% Latino</th>
<th>% Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entire City</td>
<td></td>
<td>21.5%</td>
<td>$47,499</td>
<td>18.8%</td>
<td>52.2%</td>
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<td>Huston Park</td>
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<td>73.0%</td>
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<td>Lincoln Park</td>
<td>80204</td>
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<td>45.0%</td>
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<td>Silverman Park</td>
<td>80239</td>
<td>36.7%</td>
<td>$52,142</td>
<td>13.8%</td>
<td>8.2%</td>
<td>28.4%</td>
<td>58.8%</td>
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<td>Swansea Park</td>
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<td>36.3%</td>
<td>$38,413</td>
<td>27.9%</td>
<td>8.8%</td>
<td>5.6%</td>
<td>83.8%</td>
<td>1.1%</td>
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</table>

Piton Foundation Community / Neighborhood Facts
Huston Park
Lincoln Park
Silverman Park
Swansea Park
Study Aims and Approach

This report examines the preliminary findings of the impact of Fitness Zones® in four Denver, Colorado public parks.

1. What is the impact of outdoor Fitness Zones® on park usage at four Denver parks?
2. Is there any variation in usage between individual pieces of Fitness Zone® equipment?

The evaluation approach utilized direct observation and survey methodologies. SOPARC (System for Observing Play and Recreation in Communities) measured activity levels at baseline (pre-Fitness Zone® ) and after Fitness Zone® installation. Park environmental characteristics (e.g., spatial proximity, size, number, and type of activity areas) were identified through systematic mapping and measured through direct observation characteristic coding.

Method of Observing Physical Activity

This study used the System of Observing Physical Activity and Recreation in Communities (SOPARC) method, which is based on momentary time sampling, to provide observational data and contextual information on park users, their physical activity levels and the setting in which the physical activity occurs. SOPARC is an objective instrument that was designed to obtain observational data on the number of participants and their physical activity (PA) levels during leisure and physical activity opportunities in community environments. Trained observers scan identified target areas at a set time and code the PA of every individual in the target area. During a scan (i.e., an observation sweep moving from left to right) the physical activity of each individual is coded as sedentary (i.e., lying down, sitting, or standing), walking, or vigorous. These activity codes have been validated using heart rate monitoring and by accelerometry in physical education classes with children and youth in kindergarten through twelfth grade. The activity codes are also consistent with published energy expenditures for adults. People are counted only if they are in a specified target area at the time of the scan and their level of activity at the moment of observation is recorded. Separate scans are made for females and males. The protocols for conducting SOPARC observations are well established.

Sample SOPARC Form
Site Mapping Process

Aerial imagery was obtained from The Trust for Public Land. Park environmental conditions and target activity areas were identified during site visits. When appropriate, target activity area boundaries utilized natural boundaries, such as changes in surface type or established activity boundaries, such as existing basketball and tennis courts or children's play areas. Large areas such as open grass areas were subdivided to facilitate accurate recording during observations. Site maps were developed with numbered activity areas and observation points.

The following eleven target areas were identified and defined:

**Target Area Type** – Defined by primary use (may contain secondary spaces/uses)

1. Ornamental Landscape – area that is intentionally designed for viewing and appreciating planted species
2. Picnic – destination area containing barbecue pits and seating area
3. Court Space – contains permanent markings or surface materials specifically for court games
4. Softball/Baseball – marked infield and backstop present
5. Multipurpose Area – open field with no markings that is less than 1 acre of open play space
6. Multipurpose Field – open field that may or may not contain field markings that has more than 1 acre of open play space
7. Track – designed walking/running loop
8. Fitness Zone® - fitness equipment area
9. Entry – Main public access point
10. Playground – play equipment in play pit
11. Shade Shelter – permanent structure providing varying degrees of protection from weather elements

Huston Park: Target Areas

![Huston Park Site Map](image-url)
Detailed Schedule

Cohen and her colleagues (2011) found that conducting SOPARC observations on four days per week and four times per day was necessary to obtain a robust estimate of park user characteristics and their activity levels. Based on their results, SOPARC data was collected up to four times a day at each park on four randomly selected days within a one to two week period at each park. The original intention was to have a three-week minimum span between pre and post observations. Due to delays in the construction schedule this was not possible. Survey data was collected during October 2013 at peak use.

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<th>Week</th>
<th>CNPTP Phase 1 Evaluation/Timeline</th>
<th>GIS and Base Files</th>
<th>SOPARC Mapping</th>
<th>Swansea</th>
<th>Lincoln</th>
<th>Silverman</th>
<th>Huston</th>
<th>Data Entry/Analysis</th>
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Evaluation Overview

1. While the overall volume of activity decreased the percent of moderate to vigorous activity increased.

2. The greatest shift in activity occurred in the multi-purpose filed category with the playground being second.

3. Of the 11 target areas classified, MVPA was observed in eight areas. Ornamental, picnic and softball/baseball areas were areas were no MVPA was observed.

4. On average the Fitness Zone® captures 11 - 20% of the total volume of MVPA with Lincoln having the greatest percentage at 21.16%.

5. An analysis was conducted to determine statistical significance (p<.05). The p-value ranged from .01 to .11 and are mildly significant.

6. Anecdotally, we observed people in moderate to vigorous PA in the Fitness Zone® and for the most part people were not sedentary in the Fitness Zone® nor did we observe anyone “hanging out” on the equipment.

The initial stage of the evaluation indicates that Fitness Zones® are well-received by park users and support the Parks for People long-term goal of providing opportunities to engage in free physical activity in low-income and under-served neighborhood parks.
#1: Does the installation of Fitness Zones® impact Denver Park usage?

1. A decrease in sedentary activity was reported at all four parks. The greatest decrease in sedentary activity (-28%) was observed at Silverman.

2. An increase in walking and vigorous activity was reported at all parks. The greatest increase in vigorous activity (19.22%) was observed at Silverman.

3. A 1-tailed, dependent t-test was used to determine statistical significance (p<.05)*. The p-value ranged from .21 - .19. The analysis included separate categories for organized and unorganized activities within the activity zones. No statistical significance was shown in this categorical analysis.

#2: How does the volume and level of MVPA in Fitness Zones® compare to other park areas?

1. On average the Fitness Zone® captures 11 - 20% of the total volume of MVPA with Lincoln having the greatest percentage at 20.16%.

2. A 1-tailed, dependent t-test was used to determine statistical significance (p<.05)*. The p-value ranged from .01 to .11 and are significant.

### Percent Change in Park Observations by Physical Activity Levels

<table>
<thead>
<tr>
<th>Activity</th>
<th>Swansea</th>
<th>Lincoln</th>
<th>Huston</th>
<th>Silverman</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Sedentary</td>
<td>42.2 (45.3)</td>
<td>34.16 (32.6)</td>
<td>-8.04 (-12.7)</td>
<td></td>
</tr>
<tr>
<td>% Walking</td>
<td>40.18 (35.9)</td>
<td>40.59 (41.1)</td>
<td>0.41 (5.2)</td>
<td></td>
</tr>
<tr>
<td>% Vigorous</td>
<td>17.62 (18.8)</td>
<td>25.25 (26.3)</td>
<td>7.63 (7.5)</td>
<td></td>
</tr>
</tbody>
</table>

### Percent Change in Park Use by Target Zones

<table>
<thead>
<tr>
<th>Activity Zone Areas</th>
<th>Swansea</th>
<th>Lincoln</th>
<th>Huston</th>
<th>Silverman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entry</td>
<td>5</td>
<td>17</td>
<td>27</td>
<td>6</td>
</tr>
<tr>
<td>Court</td>
<td>10</td>
<td>13</td>
<td>82</td>
<td>13</td>
</tr>
<tr>
<td>Track</td>
<td>61</td>
<td>168</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multipurpose Area</td>
<td>14</td>
<td>43</td>
<td>126</td>
<td>25</td>
</tr>
<tr>
<td>Fitness Zone®</td>
<td>41</td>
<td>50</td>
<td>74</td>
<td>30</td>
</tr>
<tr>
<td>Playground</td>
<td>139</td>
<td>43</td>
<td>86</td>
<td>86</td>
</tr>
<tr>
<td>Shade Shelter</td>
<td>60</td>
<td>4</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Multipurpose Field</td>
<td>95 (69)*</td>
<td>22 (22)*</td>
<td>103 (54)*</td>
<td>65 (15)*</td>
</tr>
<tr>
<td>Fitness Zone® Use</td>
<td>11.23%</td>
<td>20.16%</td>
<td>11.04%</td>
<td>12.61%</td>
</tr>
</tbody>
</table>

* A “T-Test” assesses whether the groups are statistically different from each other.
#3: Is there any variation in usage between individual pieces of Fitness Zone® equipment?

1. Observations revealed a strong preference for: cardio stepper, chest-back press and stretch station (movable portion). This was supported by both observation and survey data.
2. The plyometrics station and other equipment with non-moveable parts were the least popular.
3. It was observed that equipment arrangement varied from site to site and did not follow standard largest to smallest muscle group configuration.

#4: Is there any variation in usage based on site design?

Originally the intention was to include at least one grouped and one linear Fitness Zone® arrangement. This did not occur but may be a consideration in future parks.
Fitness Zone® User Survey

The goal of the survey was intended as a secondary source of data to glean additional detailed and qualitative information regarding the Fitness Zone® as a park element and for equipment preference from actual park users and using SOPARC observers already on site to administer the survey. The surveys were administered in English and Spanish. Of the 21 surveys collected only 16 surveys were analyzed due to several confounding variables:

1. Overall park use was down during the October 2013 survey period;
2. Absence of community events as originally planned;
3. Age of Fitness Zone® users were often 13-18 and too young to survey; and,
4. Fitness Zone® users would leave Fitness Zone® area if approached by SOPARC observers.

When asked if the Fitness Zone® would be part of their health and fitness regime over 40% said yes with an equal number saying maybe. 100% of all park users surveyed stated that the park is part of their health and fitness routine and that they like the location of the Fitness Zone® in the park. Almost 90% of users agreed that the instructions were easy to use. Lastly when asked “What do you do when you visit the park?” the children’s playground and exercise were the two most popular reasons. This would suggest that proximity to jogging trails and play equipment could be important factors in Fitness Zone® locations.

![Bar chart showing do you plan on making these parks' Fitness Zones part of your normal health and fitness routine?](chart.png)

![Bar chart showing what do you visit the park for?](chart2.png)
Trends and Limitations

Trends observed during this initial phase include:

1. Greater park use in youth and adult males.
2. A higher percentage of park users over the age of 18 during the August 2013 observation.
3. A decline of evening use in October 2013 most likely due to earlier sunset times and school calendar.
4. Demographics of Fitness Zone® users varies geographically.
5. Anecdotal observations proved enlightening:
   • Park users expressed appreciation that something “useful” was being built instead of a horseshoe pit or volleyball court.
   • Postal carriers and garbage men using the Fitness Zones® on their breaks.
   • People in moderate to vigorous PA in the Fitness Zone® and for the most part people were not sedentary in the Fitness Zone® nor did we observe anyone “hanging out” on the equipment.
   • Often children would encourage parents to try equipment with them.

Limitations for data collection included:

1. Observation/survey periods between August 2013 and October 2013 varied in terms of seasonal change. (temperature, length of day, and school calendar)
2. Of the 21 surveys collected only 21 were usable due to several confounding variables:
   1) Overall park use was down during the survey period
   2) Absence of community events as originally planned
   3) Age of Fitness Zone® users were often 13-18 and too young to survey
   4) Fitness Zone® users would leave Fitness Zone® area if approached by SOPARC observers.
3. The SOPARC method cannot evaluate individuals over time.

Recommendations

• Seasonal SOPARC observations in March, May, July and October
• 3 days SOPARC observation, 1 day Fitness Zone® observation on an hour by hour basis
• Pre-construction observation for future parks conducted during all four observation periods to improve reliability and expedite comparative data analysis
• Survey administration should be isolated from park observation and if it is to be included should expand to capture a larger demographic (i.e. 10% of park users, community member or residents proximate to the park).
Citations

The Trust for Public Land

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<table>
<thead>
<tr>
<th>Parks for People: Fitness Zone® Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final Report</td>
</tr>
<tr>
<td>Appendix</td>
</tr>
<tr>
<td>Park Surveys</td>
</tr>
<tr>
<td>SOPARC Zone Maps</td>
</tr>
<tr>
<td>Fitness Zone® Maps</td>
</tr>
<tr>
<td>Survey Monkey Results</td>
</tr>
<tr>
<td>Park Use Graphs</td>
</tr>
<tr>
<td>SOPARC Data Collection Sheets</td>
</tr>
</tbody>
</table>
Surveys

**HUSTON FITNESS ZONE USE SURVEY**

Please check only one for each question.

1. **What is your age?**
   - [ ] 18 and under
   - [ ] 19-34
   - [ ] 35-50
   - [ ] 51-65
   - [ ] 65 and over

2. **What is your gender?**
   - [ ] Female
   - [ ] Male

3. **What is your race?**
   - [ ] Latino
   - [ ] White
   - [ ] Black
   - [ ] Asian
   - [ ] Other (please specify) ________________

4. **What is your zipcode?**

5. **How many times a week do you use the fitness zone?**
   - [ ] 1 - 2 times per week
   - [ ] 2 - 3 times per week
   - [ ] 3 - 4 times per week
   - [ ] 5 + times per week
   - [ ] Do not exercise

6. **How much time do you spend using the Fitness Zone equipment per visit?**
   - [ ] Less than 15 minutes
   - [ ] 15 - 30 minutes
   - [ ] 30 - 60 minutes
   - [ ] 60+ minutes
   - [ ] Do not exercise

7. **Which piece of Fitness Zone equipment do you use the most?**
   - [ ] Ab Crunch-Leg Lift
   - [ ] Assisted Row-Push Up
   - [ ] Balance Steps
   - [ ] Cardio Stepper
   - [ ] Chest-Back Press
   - [ ] Plyometrics
   - [ ] Pull-Up, Dip
   - [ ] Squat Press
   - [ ] Stretch Station

8. **Which piece of Fitness Zone equipment do you use the least?**
   - [ ] Ab Crunch-Leg Lift
   - [ ] Assisted Row-Push Up
   - [ ] Balance Steps
   - [ ] Cardio Stepper
   - [ ] Chest-Back Press
   - [ ] Plyometrics
   - [ ] Pull-Up, Dip
   - [ ] Squat Press
   - [ ] Stretch Station
9. Are the directions on the equipment easy to understand?
   - Yes
   - No

10. In general, do you come to the Fitness Zone alone or with others?
    - Alone
    - With other Fitness Zone user
    - With other adult
    - With child playing on the playground/organized sports

11. In general, how safe do you feel the park is?
    - Very Safe
    - Safe
    - Not Very Safe
    - Not Safe At All

12. If you don’t feel safe, why?
    - Safety hazards
    - Crime or violence
    - Do not know how to use equipment

13. Do you like the location of the fitness zone in the park?
    - Yes
    - No

14. If no, what don’t you like about the location?
    ______________________________
    ______________________________
    ______________________________

15. Do you plan on making this park’s fitness zone part of your normal health and fitness routine?
    - Yes
    - Maybe
    - No

16. Would you use the Fitness Zone more if there was someone teaching you how to use the equipment?
    - Yes
    - No

---

This survey is sponsored by the Trust for Public Land.
1. ¿Cuál es tu edad?
   - Menores de 18 años
   - 19-34
   - 35-50
   - 51-65
   - 65 y más

2. ¿Cuál es tu género?
   - Mujer
   - Hombre

3. ¿Cuál es tu raza?
   - Latino
   - Blanco
   - Negro
   - Asiático
   - Otros (especifique)

4. ¿Cuál es tu código postal?

5. ¿Cuántas veces a la semana usas la zona de ejercicio?
   - 1 - 2 veces por semana
   - 2 - 3 veces por semana
   - 3 - 4 veces por semana
   - 5 veces por semana
   - No hago ejercicio

6. ¿Cuánto tiempo pasan con los equipos de la zona de ejercicio por visita?
   - Menos de 15 minutos
   - 15 - 30 minutos
   - 30 - 60 minutos
   - 60+ minutos
   - No hago ejercicio

7. ¿Que equipo de ejercicio en la zona de ejercicio prefieres más?
   - Ab Crunch-Leg Lift
   - Assisted Row-Push Up
   - Balance Steps
   - Cardio Stepper
   - Chest-Back Press
   - Plyometrics
   - Pull-Up, Dip
   - Squat Press
   - Stretch Station

8. ¿Qué equipo de ejercicio en la zona de ejercicio menos prefieres?
   - Ab Crunch-Leg Lift
   - Assisted Row-Push Up
   - Balance Steps
   - Cardio Stepper
   - Chest-Back Press
   - Plyometrics
   - Pull-Up, Dip
   - Squat Press
   - Stretch Station
9. ¿Las indicaciones sobre los equipos son fáciles de entender?  
   □ Sí  
   □ No

10. Por lo general, ¿vienes a la zona de ejercicio solo o con otros?  
   □ Solo  
   □ Con otro usuario de Fitness Zone  
   □ Con otro adulto  
   □ Con niños jugando en el patio de juegos/organizado Deportes

11. Por lo general, ¿qué tan seguro piensas que es el parque?  
   □ Muy seguro  
   □ Caja fuerte  
   □ No es muy seguro  
   □ No seguro en absoluto

12. Si no te sientes segura, cual es la razón?  
   □ Riesgos de seguridad  
   □ Crimen o violencia  
   □ No sé cómo utilizar equipo

13. ¿Te gusta la ubicación de la zona de ejercicios en el parque?  
   □ Sí  
   □ No

14. Si es que no, ¿Por qué no te gusta acerca de la ubicación?  
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

15. ¿Planeas hacer parte de la zona de ejercicios de este parque, una rutina de salud normal?  
   □ Sí  
   □ Tal vez  
   □ No

16. ¿Usarías la zona de ejercicios más seguido, si hay alguien que te enseña a usar el equipo?  
   □ Sí  
   □ No
HUSTON PARK USE SURVEY

Please check only one for each question.

1. What is your age?
   - 18 and under
   - 19-34
   - 35-50
   - 51-65
   - 65 and over

2. What is your gender?
   - Female
   - Male

3. What is your race?
   - Latino
   - White
   - Black
   - Asian
   - Other (please specify)

4. What is your zipcode?
   ______________

5. How far did you travel to get to the park?
   - 0 to 1/4 mile away
   - 1/4 mile to 1/2 mile away
   - 1/2 mile to 3/4 mile away
   - 3/4 mile to 1 mile away
   - More than one mile away
   - More than 5 miles away

6. How do you get to the park?
   - Walk
   - Jog / Run
   - Bike
   - Drive

7. How often do you use this park?
   - Daily
   - A few times a week
   - Once a week
   - A couple times a month
   - Once a month
   - A few times a year
   - This is the first time

8. On a typical day when you go to the park, how long do you stay at the park?
   - Less than 15 minutes
   - 15-30 minutes
   - 30-60 minutes
   - 1-2 hours
   - 2-3 hours
   - 3-5 hours
   - 5+ hours
9. In general, do you come to the park alone or with others?
   - [ ] Alone
   - [ ] With another adult
   - [ ] With a child

10. In general, how safe do you feel the park is?
    - [ ] Very Safe
    - [ ] Safe
    - [ ] Not Very Safe
    - [ ] Not Safe At All

11. If you don’t feel safe, why?
    - [ ] Safety hazards
    - [ ] Crime or Violence
    - [ ] Other (please specify)
      ________________________________
      ________________________________

12. What do you visit the park for?
    (Please check all that apply)
    - [ ] Children’s Play Ground
    - [ ] Exercise (Walking, Jogging, Etc.)
    - [ ] Fitness Zone
    - [ ] Walking Dog
    - [ ] Organized Sports League
    - [ ] Sports Courts and Fields (Non Leagues)
    - [ ] Socializing (Family Reunion, Picnic, Etc.)
    - [ ] Other (please specify)
      ________________________________
      ________________________________

13. How likely are you to return to the park?
    - [ ] Very likely
    - [ ] Not sure
    - [ ] Will not come back to this park
    Why not? ________________________________

14. Is this park a part of your health and fitness routine?
    - [ ] Yes
    - [ ] No
### Huston Encuesta sobre el uso de parque

Por favor verifique solo una por cada pregunta.

1. ¿Cuál es tu edad?
   - [ ] Menores de 18 años
   - [ ] 19-34
   - [ ] 35-50
   - [ ] 51-65
   - [ ] 65 y más

2. ¿Cuál es tu género?
   - [ ] Mujer
   - [ ] Hombre

3. ¿Cuál es tu raza?
   - [ ] Latino
   - [ ] Blanco
   - [ ] Negro
   - [ ] Asiático
   - [ ] Otros (especifique)

4. ¿Cuál es tu código postal?
   - ___________

5. ¿Desde dónde viajaste para llegar al parque?
   - [ ] 0 a 1/4 milla
   - [ ] 1/4 de milla a 1/2 milla de distancia
   - [ ] 1/2 milla a 3/4 de milla
   - [ ] 3/4 de milla a 1 milla de distancia
   - [ ] Más de una milla de distancia
   - [ ] Más de 5 millas

6. ¿Cómo viajaste hasta al parque?
   - [ ] Caminando
   - [ ] Corriendo/trote
   - [ ] Bicicleta
   - [ ] Coche

7. ¿Con qué frecuencia utilizas este parque?
   - [ ] Diario
   - [ ] Un par de veces a la semana
   - [ ] Una vez por semana
   - [ ] Un par de veces al mes
   - [ ] Una vez al mes
   - [ ] Un par de veces al año
   - [ ] Esta es la primera vez

8. En un día típico cuando vas al parque, ¿cuánto tiempo te quedas en el parque?
   - [ ] Menos de 15 minutos
   - [ ] 15-30 minutos
   - [ ] 30-60 minutos
   - [ ] 1-2 horas
   - [ ] 2-3 horas
   - [ ] 3-5 horas
   - [ ] 5+ horas

---

This survey is sponsored by the Trust for Public Land.
9. Por lo general, ¿vienes al parque solo o con otros?
   - □ Solo
   - □ Con otro adulto
   - □ Con un niño

10. Por lo general, ¿qué tan seguro piensas que es el parque?
    - □ Muy seguro
    - □ Caja fuerte
    - □ No es muy seguro
    - □ No seguro en absoluto

11. Si no te siente segura, cual es la razón?
    - □ Riesgos de seguridad
    - □ Crimen o violencia
    - □ Otros (especifique)
      ______________________________

12. ¿Para qué visitas el parque?
    (Por favor verifique todo lo que concierne)
    - □ Zona de juegos infantiles
    - □ Ejercicio (caminar, trotar, etc.)
    - □ Zona fitness
    - □ Perro
    - □ Liga Deportiva organizada
    - □ Canchas deportivas y campos (no ligas)
    - □ Socialización (reunión familiar, Picnic, etc.)
    - □ Otros (especifique)
      ______________________________

13. ¿Qué probabilidades hay que vuelvas al parque?
    - □ Muy probable
    - □ No estoy seguro
    - □ No volverá a este parque
      ¿por qué no? ______________________

14. ¿Es esto una parte de tu rutina de salud y mantenerte en buena forma física en el parque?
    - □ Si
    - □ No
Huston Park SOPARC Zones

Legend
1. Entry
2. Court
3. Track
4. Multipurpose Area
5. Multipurpose Area
6. Fitness Zone
7. Playground
8. Court
9. Shade Shelter
10. Multipurpose Area
11. Multipurpose Field
12. Multipurpose Field
13. Multipurpose Area

Huston Park Fitness Zones®

Legend
1. Ab Crunch-Leg Lift
2. Assisted Row-Push Up
3. Balance Steps
4. Cardio Stepper
5. Chest-Back Press
6. Plyometrics
7. Pull-Up, Dip
8. Squat Press
9. Stretch Station
**Lincoln Park SOPARC Zones**

Legend:
1. Entry
2. Playground
3. Fitness Zone
4. Shade Shelter
5. Court
6. Multipurpose Area
7. Multipurpose Area
8. Multipurpose Field
9. Court

**Lincoln Park Fitness Zones®**

Legend:
1. Ab Crunch-Leg Lift
2. Assisted Row-Push Up
3. Balance Steps
4. Cardio Stepper
5. Chest-Back Press
6. Plyometrics
7. Pull-Up, Dip
8. Squat Press
9. Stretch Station
Silverman Park SOPARC Zones

Legend
1. Entry
2. Fitness Zone
3. Playground
4. Picnic
5. Multipurpose Area
6. Court
7. Shade Shelter
8. Multipurpose Area
9. Multipurpose Area
10. Multipurpose Field
11. Multipurpose Field
12. Multipurpose Area

Silverman Park Fitness Zones®

Legend
1. Ab Crunch-Leg Lift
2. Assisted Row-Push Up
3. Balance Steps
4. Cardio Stepper
5. Chest-Back Press
6. Plyometrics
7. Pull-Up, Dip
8. Squat Press
9. Stretch Station
Swansea Park SOPARC Zones

Swansea Park Fitness Zones®

Legend
1. Ab Crunch-Leg Lift
2. Assisted Row-Push Up
3. Balance Steps
4. Cardio Stepper
5. Chest-Back Press
6. Plyometrics
7. Pull-Up, Dip
8. Squat Press
9. Stretch Station

Legend
1. Entry
1a. Entry
2. Fitness Zone
3. Track
4. Court Space
5. Softball / Baseball
6. Multipurpose Field
7. Court Space
8. Multipurpose Area
9. Playground

Observation Point
North
Suggested Observation Point

North
Survey Monkey Results

Are the directions of the equipment easy to understand?

Do you like the location of the Fitness Zone® in the park?

Do you plan on making this park’s Fitness Zone® part of your normal health and fitness routine?

On a typical day when you go to the park, how long do you stay at the park?
Is this park a part of your health and fitness routine?

What do you visit the park for?

Which piece of Fitness Zone® equipment do you use the least?

Which piece of Fitness Zone® equipment do you use the most?
Park Use

Swansea October

Lincoln October
Fitness Zone Use

**Huston Fitness Zone**

- 1 Ab Crunch-Leg: Lift
- 2 Assisted Row Push...
- 3 Balance Steps
- 4 Cardio Stepper
- 5 Chest-Back Press
- 6 Plyometrics
- 7 Push-Up, Dip
- 8 Squat Press
- 9 Stretch Station

**Lincoln Fitness Zone**

- 1 Ab Crunch-Leg...
- 2 Assisted Row...
- 3 Balance Steps
- 4 Cardio Stepper
- 5 Chest-Back Press
- 6 Plyometrics
- 7 Push-Up, Dip
- 8 Squat Press
- 9 Stretch Station
Fitness Zone Use

Fitness Zone Use - Age and Gender

Fitness Zone Use Totals - Age and Gender

Parks for People: Fitness Zone® Evaluation
### Total Equipment Use

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Sedentary</th>
<th>Walking</th>
<th>Vigorous</th>
</tr>
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<tbody>
<tr>
<td>1. Ab Crunch/Leg...</td>
<td>20</td>
<td>50</td>
<td>30</td>
</tr>
<tr>
<td>2. Assisted Row...</td>
<td>30</td>
<td>80</td>
<td>50</td>
</tr>
<tr>
<td>3. Balance Steps</td>
<td>40</td>
<td>60</td>
<td>20</td>
</tr>
<tr>
<td>4. Cardio Stepper</td>
<td>50</td>
<td>100</td>
<td>30</td>
</tr>
<tr>
<td>5. Chest/Back Press</td>
<td>60</td>
<td>150</td>
<td>40</td>
</tr>
<tr>
<td>6. Plyometrics</td>
<td>70</td>
<td>200</td>
<td>60</td>
</tr>
<tr>
<td>7. Push-Up, Dip</td>
<td>80</td>
<td>250</td>
<td>70</td>
</tr>
<tr>
<td>8. Squat Press</td>
<td>90</td>
<td>300</td>
<td>80</td>
</tr>
<tr>
<td>9. Stretch Station</td>
<td>100</td>
<td>350</td>
<td>90</td>
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### Activity Levels July/August

<table>
<thead>
<tr>
<th>Location</th>
<th>Sedentary</th>
<th>Walking</th>
<th>Vigorous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swansea</td>
<td>350</td>
<td>150</td>
<td>100</td>
</tr>
<tr>
<td>Lincoln</td>
<td>320</td>
<td>120</td>
<td>80</td>
</tr>
<tr>
<td>Huston</td>
<td>280</td>
<td>100</td>
<td>60</td>
</tr>
<tr>
<td>Silverman</td>
<td>250</td>
<td>90</td>
<td>50</td>
</tr>
</tbody>
</table>
October

October Park Use - Time of Day

Activity Levels October

Parks for People: Fitness Zone® Evaluation
### Park Attendance October

![Bar chart showing park attendance by month.](chart)

### Age and Gender for October Use

![Bar chart showing age and gender distribution.](chart)
October - Sedentary

Huston Sedentary October

Lincoln Sedentary October
Appendix

Silverman Sedentary October

Swansea Sedentary October
October - Walking

**Huston Walking October**

**Lincoln Walking October**

Number of People Observed

0 20 40 60 80 100 120 140

Zone

0 10 20 30 40 50 60

Number of People Observed

Zone
Silverman Walking October

Swansea Walking October
October - Vigorous

Huston Vigorous - October

Lincoln Vigorous October
Environmental Conditions

**Average Temperatures**

![Graph showing average temperatures over different times of the day with pre and post conditions.]

**Weather Conditions**

![Bar chart showing the number of days with various weather conditions (sunny, rainy, overcast, sunny and overcast, stormy/windy) with pre and post conditions.]
## SOPARC Data Collection Sheets

### SOPARC Data Form

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<th>Condition</th>
<th>Scan 1</th>
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<th>Scan 3</th>
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### Age:

- **Child**
- **Adult**

### Girls:

- **Sedentary**
- **Walking**
- **Very Active**

### Boys:

- **Sedentary**
- **Walking**
- **Very Active**

---

**Park ID:**

**Date:**

**Observer:**
## SOPARC FITNESS ZONE CODING FORM

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## SOPARC Observation Form

**Project Title:** The Parks for People Fitness Zone Evaluation  
**Project Manager:** Cate Townley

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<th>Huston</th>
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**NOTES:**