Research evidence - The Senior Exercise Park

A randomised controlled trial conducted in Melbourne (Victoria University), Australia, between 2013-2015 investigated the feasibility, and effectiveness of an exercise intervention using the senior exercise park in improving older people balance, physical function, and quality of life 1.

Forty-eight participants aged between 60 and 88 years (mean age 71.6 ± 6.26 years; 34 females), who had one or more falls in the previous 12 months and/or were concerned about having a fall took part in the study.

Results from this trial have shown significant improvements in lower limb muscle strength, function and balance following the 18 weeks of the exercise park program 2 (see video: https://www.youtube.com/watch?v=lO6jz_w5vcg&feature=youtube).

High adherence rates (80%) were reported, which were related to the participants’ enjoyment of exercising outdoors and associated social interaction 3. No adverse events occurred during the trial.

Qualitative process evaluation (using semi-structured interviews) identified that older participants enjoyed the program and valued it as meaningful due to various perceived physical and psychosocial benefits 3.

Further recommendations for the design of an active outdoor space using the senior exercise park for councils and community organisations can be found here 4.

Details of the senior exercise equipment can be found here Lark Industries

References