

**Monday October 18**  
**4:00 to 5:30 p.m.**

**Outdoor Fitness Parks for Seniors. Build it they'll come, Build it right they'll keep coming**

Adult and senior outdoor fitness parks are a growing trend in Canada and around the world. The fitness parks provide equal and open access to fitness and healthy active living for all ages and physical abilities. However, it is important to design and choose the right layout and equipment in order to engage the community members to visit the park time and time again.

Installing a fitness park in a community can contribute to your community member's healthy living and building it right will contribute to the long-term success of this goal.

Come and learn from our experience installing nearly 100 outdoor fitness parks across Canada.

**Key Learning Objectives:**

1. What parks for seniors are,
2. How they benefit older adults
3. Explain the requirements to work with park planners for best locations.

**Guy Chaham** the owner and Executive Director of GreenGym has installed nearly 100 fitness parks in the last 3 years. As the first company to introduce the outdoor fitness concept to Canada in 2007 Mr. Chaham has grown its company to be the leader and de-facto name in this industry. Mr. Chaham is an ex-professional basketball player with many years of fitness training as an athlete and a coach. Mr. Chaham owned several health related

businesses in the past, some of them provided post event solutions such as defibrillators and CPR training. Mr. Chaham was the founder of the Osteoporosis prevention program in Atlantic Canada, a mobile solution for Bone Density screening. However in 2007 Mr. Chaham decided to focus on GreenGym as a preventative solution for health issues.