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FOR IMMEDIATE RELEASE

Gentle Fitness Information and Demos at the Seniors Play Park, August 29, 2024

“Grab a friend and see what gentle movement can do for you”

“Agility, Flexibility, Mobility” are three words Fenelon Falls resident Penni Holdham likes to put out there in connection with maintaining an active lifestyle for seniors. No matter how active we have been in the past, and hope to be in the future, our bodies can have a way of betraying us as we reach our senior years. The key to maintaining the “activities of everyday life” is movement, to keep our muscles tuned up. It’s no time to spend extra hours in that Lazyboy, if we want to keep doing all our favourite things for awhile longer!

A few years ago, Holdham, a fitness advocate in her senior years herself, learned about a European and global trend of constructing public parks specifically designed for senior fitness. She secured a grant from the Ontario Trillium Foundation, and in 2019, backed by the City of Kawartha Lakes Family Health Team, had a fitness park built in Fenelon Falls, where seniors comprise a high proportion of the population compared to the country generally. The Seniors Play Park at the Lloyd Kelly Parkette is located adjacent to the parking lot off Francis and Colborne Streets, behind Red Apple.

The Park boasts state-of-the-art equipment, along with an ample ground surface, derived from 2,000 recycled tires, that is extremely kind to feet and knees.

This year, Holdham is implementing an Activation Project as a participating initiative of the Kawartha Works Community Co-op. On Thursday, August 29th, the public will have a special opportunity to learn more about the park and what gentle exercise on the equipment can do for them. In the morning, members of the Fenelon Falls Seniors Club will enjoy exclusive access. In the afternoon, fitness professionals will provide information and assistance on how to get the most out of the equipment, and at 1:30 pm there will be a Pilates demonstration. Details can be found on the Park’s Facebook page at [Seniors Play Park](#).