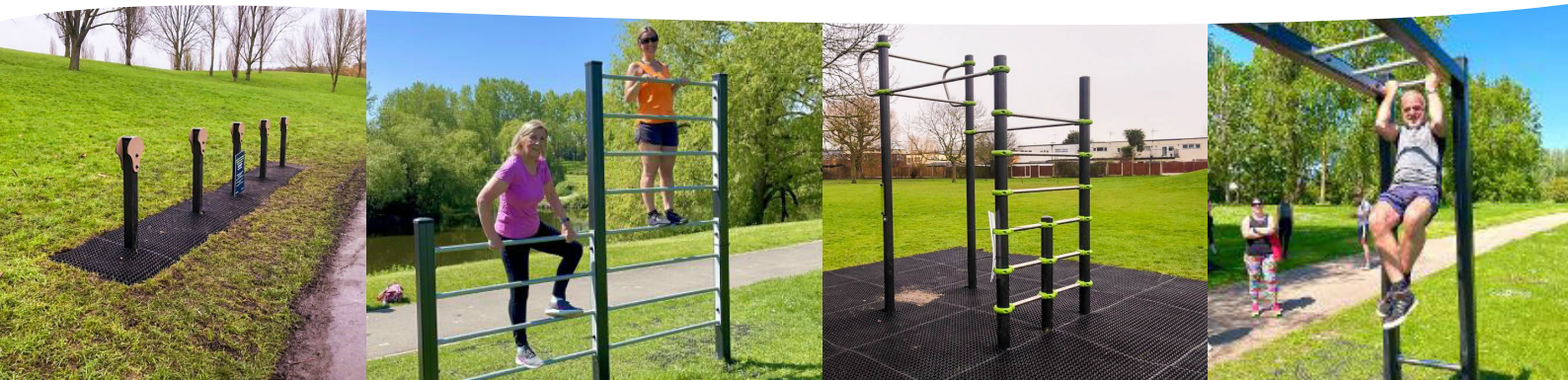




GLOUCESTER PARK FITNESS TRIAL



GLOUCESTER PARK

Client:	Basildon Borough Council
Address:	Cranes Farm Rd, Basildon SS14 3DE
Budget:	£25,000
Age Range:	14+
Ranges:	Trim Trail, Street Workout
Surfacing:	Grassmat

Project Story: Consisting of thirteen separate pieces of equipment, including monkey bars and a balance beam, the trim trail acts as a circuit around the footpath surrounding the central lake. All the pieces of equipment have instructions attached to show how they are used.

The equipment is compatible with a mobile app for Android and Apple devices called 'Proludic Sport'. Users can put Gloucester Park as their location, which brings up exercise options for each piece of equipment and professional advice on how to complete each exercise.

Basildon Borough Council and local sports clubs chose Proludic to deliver this project due to the variety and durability of equipment offered. The robust and aesthetically pleasing equipment looks great around the beautiful lake. All equipment caters to a wide demographic ensuring all users can use their new free fitness equipment at their local park.

« Gloucester Park is already a fantastic park, and the installation of this trim trail only improves its offering. Gloucester Park is well utilised by lots of individual runners and running groups. As such, the equipment is well placed and will provide a very useful additional element to any workouts that happen in the park.

We encourage residents to take advantage of the equipment and have fun using it. Hopefully this free, accessible equipment encourages our residents to be more active and see how enjoyable outdoor activity can be. »

Craig Rimmer, Chairman,
Leisure and Environment Committee



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