

Fitness areas are free and available to the public, all day every day.



Modern equipment is made for teens and adults of all fitness levels to enjoy.



The outdoor gyms are close to home, so working out is easy and convenient.



Using the equipment can improve your heart health and help you stay at a healthy weight.

Fitness areas make exercise fun and accessible to everyone.



For more information about how Kaiser Permanente helps support your health and wellness:



kp.org/wa/health



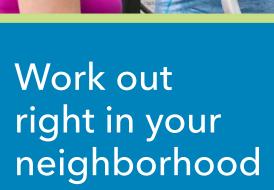






Seattle fitness areas are a collaboration between Kaiser Permanente Washington, Seattle Parks and Recreation, and the Trust for Public Land. Future areas around the state will also be co-sponsored by Kaiser Permanente.

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## Get fit at your local park

Kaiser Permanente wants to help you and your neighborhood stay healthy. Now you can work out any time in the fitness areas in Seattle parks. These areas feature outdoor fitness equipment, playgrounds, and trails. It's all available for local residents to use for free.

### Fun and fitness for the whole family

With space for kids to play nearby, your family can make an afternoon of it. The equipment is designed for anyone age 13 and up, so you can go at your own pace.

### Coming together for your health

Seattle fitness areas were created in collaboration with Seattle Parks and Recreation and the Trust for Public Land.

### **Seattle fitness areas**

Check out these nearby parks.

### 1 Bitter Lake Reservoir Open Space

14201 Linden Ave N Seattle, WA 98133

### 2 Hubbard Homestead

11203 5th Ave NE Seattle, WA 98125

### 3 University Playground 4745 9th Ave NE

Seattle, WA 98105

#### 4 Montlake Community Center

1618 E Calhoun St Seattle, WA 98112

### **5 Hing Hay Park**

423 Maynard Ave S Seattle, WA 98104

#### 6 Powell Barnett Park

352 Martin Luther King Jr Way Seattle, WA 98112

### 7 Atlantic Street Park

1501 21st Ave S Seattle, WA 98144

#### 8 Sam Smith Park

1400 Martin Luther King Jr Way S Seattle, WA 98144

Puget

Sound

#### 9 Hiawatha

### **Community Center**

2700 California Ave SW Seattle, WA 98116

## 10 Delridge Community Center

4501 Delridge Way SW

Seattle, WA 98106

# 11 Van Asselt Community Center

2820 S Myrtle St Seattle, WA 98108

### 12 John C. Little, Sr. Park

6961 37th Ave S Seattle, WA 98118

## 13 Rainier Beach Playfield

8802 Rainier Ave S Seattle, WA 98118

## Fitness equipment

Parks include a mix of these types of equipment:

- Elliptical machine
- Cardio stepper with adjustable resistance
- Step machine
- Chest and back press
- Squat press
- Pull-up and dip
- Assisted row and push-up
- Abdominal crunch and leg lift

Puget Sound

Bitter Lake Northgate Green Ravenna Lake Wallingford Lake Montlake Union Seattle Lake Wash. Elliott Bay Rainier Valley West Seattle