



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.



Work out right in your neighborhood



Welcome to your Powell Barnett Park  
**FITNESS ZONE**  
AREA

A COMPLETE EXERCISE PROGRAM INCLUDES 3 TYPES OF ACTIVITY

- 1 **AEROBIC EXERCISE**
  - Raises your heart rate
  - Uses the large muscles of the body (arms, legs, back)
  - Decreases risk of chronic disease
- 2 **STRENGTH BUILDING**
  - Builds muscle
  - Improves balance
  - Increases bone density
- 3 **STRETCHING**
  - Improves flexibility & mobility
  - Reduces risk of injury



**BEFORE YOU START:** \*\*\* Make sure you consult your physician prior to any fitness activity \*\*\*

- » **WARM UP**  
Reduce your risk of injury and get more blood flow to your muscles. A warm-up can be dynamic stretch (stretches with movement), brisk walking, using the elliptical or cardio stepper, or doing step-ups at the plyometric station. Spend 10-20 minutes warming up before moving into more vigorous exercise.
- » **LISTEN TO YOUR BODY**  
Know the difference between fatigue and pain. Fatigue — feeling tired or a slight burning sensation in muscles — is a sign that you are pushing your body beyond its comfort zone. Pain — may feel like a stinging or cramp — can happen when you push your body too far. Working to a place of fatigue may build muscle and increase endurance, but be cautious of working to a point of pain, which can cause injury.
- » **COOL DOWN**  
If you get your heart rate up, it is important to bring it down gradually. Go for a moderate walk, do some gentle stretches & re-connect with your breath.

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

 [kp.org/wa/health](http://kp.org/wa/health)



healthy people healthy environment strong communities



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.



## 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.

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| <p><b>1 Bitter Lake Reservoir Open Space</b><br/>14201 Linden Ave N<br/>Seattle, WA 98133</p> <p><b>2 Hubbard Homestead</b><br/>11203 5th Ave NE<br/>Seattle, WA 98125</p> <p><b>3 University Playground</b><br/>4745 9th Ave NE<br/>Seattle, WA 98105</p> <p><b>4 Montlake Community Center</b><br/>1618 E Calhoun St<br/>Seattle, WA 98112</p> <p><b>5 Hing Hay Park</b><br/>423 Maynard Ave S<br/>Seattle, WA 98104</p> <p><b>6 Powell Barnett Park</b><br/>352 Martin Luther King Jr Way<br/>Seattle, WA 98112</p> <p><b>7 Atlantic Street Park</b><br/>1501 21st Ave S<br/>Seattle, WA 98144</p> | <p><b>8 Sam Smith Park</b><br/>1400 Martin Luther King Jr Way S<br/>Seattle, WA 98144</p> <p><b>9 Hiawatha Community Center</b><br/>2700 California Ave SW<br/>Seattle, WA 98116</p> <p><b>10 Delridge Community Center</b><br/>4501 Delridge Way SW<br/>Seattle, WA 98106</p> <p><b>11 Van Asselt Community Center</b><br/>2820 S Myrtle St<br/>Seattle, WA 98108</p> <p><b>12 John C. Little, Sr. Park</b><br/>6961 37th Ave S<br/>Seattle, WA 98118</p> <p><b>13 Rainier Beach Playfield</b><br/>8802 Rainier Ave S<br/>Seattle, WA 98118</p> |
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## 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**

