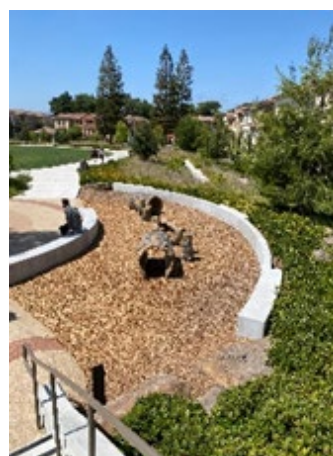


# 1.NATURAL PLAYGROUND

A natural playground is a play environment that consists of elements and textures from the earth such as tree logs, tree stumps, boulders, plants, and drainage paths, among others instead of a traditional steel playground structure that includes slides and climbers. In short, if you have ever climbed a rock, played in the leaves, or planted plants, you have experienced natural play. These natural landscapes provide opportunities for children to play, explore, imagine, and be challenged by the natural elements. Natural playgrounds enable children to move freely around the environment allowing them to explore, run, jump, climb, crawl, feel, smell, and more. Studies show children spend even more time playing outdoors in natural play environments than in traditional playground environments.

### Benefits of Natural Playgrounds

Playgrounds made from natural elements have significant benefits for children. In addition to promoting outdoor activity, playgrounds improve health, socialization, and motor skills while fostering inclusivity. Children can be challenged through physical play elements such as boulders and tree stumps that increase strength and balance. Items such as plants, rocks, and animal feeders in an open, natural play space encourage children to collaborate, improving social skills, problem-solving, empathy, and more as they work together. Since most natural playgrounds are open, it provides for inclusion for children of all skill levels and abilities to be involved.



### 2. WHEELCHAIR ACCESSIBLE SWING

Wheelchair accessible swings are a truly inclusive playground experience.

The need for adaptive everything grows each year, as more and more Americans are identified as disabled in some way.

According to the census, there were nearly 330,000 children under 18 with an “ambulatory” disability identified in 2019. The figure for adults is over 9 million.

An ambulatory disability hampers walking to the point where aids like wheelchairs or scooters are necessary, and where the person cannot rely on walking as a “form of transportation”.

Not having a play space that meets these individuals’ special needs for accessibility doesn’t only leave people out – it’s also against the law.



Starting in 2012, the Americans with Disabilities Act was amended to include accessibility in and to outdoor play spaces.

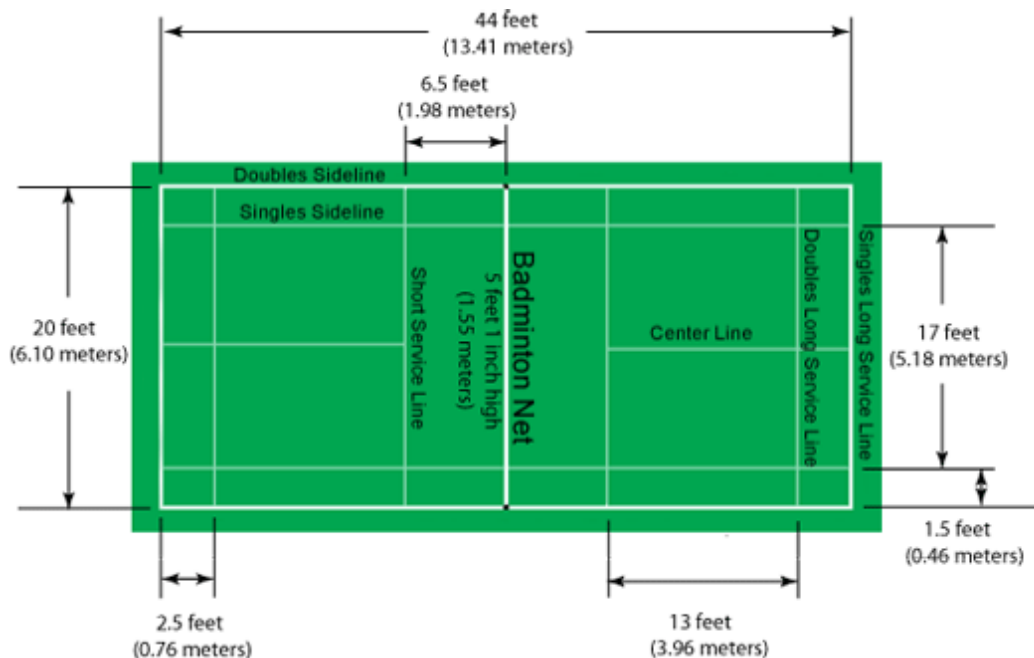
Meeting the needs of those in wheelchairs is important.



### 3. BADMINTON COURT

As a less aggressive and more lightweight racquet sport, badminton offers loads of health benefits to seniors without an increased risk for injury.

- Year-round playing – this sport can be played on indoor and outdoor courts making it accessible to seniors year-round
- Low-impact – badminton provides quality aerobic exercise even for people with joint pain and stiffness because it does not require high-impact movements like jumping or running
- Heart-healthy – you can still break a serious sweat with badminton and give your heart a workout which helps to fight lifestyle conditions like hypertension, diabetes, and obesity
- Injury recovery – staying active while you recuperate from a lower limb injury like a pulled calf muscle, sprained ankle, or knee surgery is tough but less-aggressive games like badminton can help by providing enough physical activity to keep joints loose and muscles strong
- Social interaction – you simply can't play badminton on your own, but that's a good thing. Physical activity that also involves interacting with friends can help combat social isolation, loneliness, and depression as you age.





### 4.ADULT EXERCISE EQUIPMENT

Today, there is more awareness than ever before about the dangers of obesity and living a sedentary lifestyle. These risk factors have been linked to several chronic and even life-threatening medical conditions such as cardiovascular disease and depression. Outdoor exercise equipment offers a wonderful alternative to build lean muscle, improve cardiovascular function, and increase energy without the cost of a gym membership or the commitment to an exercise class. Setting the park fitness equipment outside increases serotonin levels, improves mental acuity, and leaves guests with a greater feeling of revitalization and positive enjoyment. Offering outdoor fitness equipment in your community provides a free, accessible place for people to work out and stay healthy.



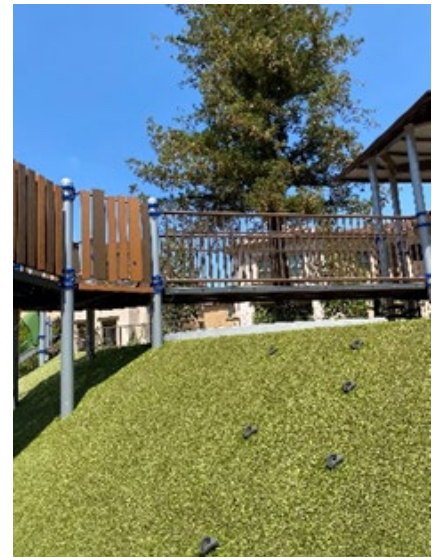
Fitness is much more fun when others are involved. Outdoor fitness park equipment provides a social setting for those passionate about health and wellness to meet others with similar interests in their community. They also encourage those participants of varying abilities to try something new in a more relaxed outdoor setting. Not only does this foster accountability to stay healthy but strengthens communal bonds.



### 5.ARTIFICIAL TURF SURFACE

Synthetic turf or artificial grass is constructed of synthetic, grass-like fibers or yarn (some call it an outdoor playground carpet). It is manufactured to look and feel like a natural grass playground surface, but without all of the maintenance. Used on sports fields for years, synthetic turf is becoming a more common occurrence on the playground. The fibers are often polypropylene or polyethylene and consist of multiple layers, a backing, cushioning, drainage layers, and infill, usually composed of recycled rubber tires or natural cork.

- The lifetime cost of artificial turf as a material itself is relatively low. After three to five years, the costs associated with maintaining natural grass and soil exceed the installation's high price.
- Using synthetic grass in a building project can **accumulate LEED points** for various reasons: water efficiency, recycled or recovered materials used, low emission materials used, and the material composition of the turf itself.





### 6. PICNIC AREA

Picnicking is a well-known staple activity of socializing. From casual lunches and barbecues with close friends and colleagues to a long day out for a family reunion, picnics provide an easygoing environment to catch up and entertain all kinds of company.

Spending time with family is always a great bonding experience. In the fast-paced, urbane lifestyle of today there is often limited time for maintaining relationships with some of the most important people in your life. Staying engaged with your family and friends can help build stronger bonds and foster warmth, security and love, as well as feelings of belonging.



Eating lunch outdoors is a natural mood booster. You can be amazed how much the lack of sun in your body can affect your mood. There's something about fresh air, sunshine, or a nice breeze that just puts you in good mood and motivates you making you want to get some exercise.



Since picnics often take place in warm environments, the tendency to participate in relaxing small talk is high. Simply keeping updated on what is going on in other people's lives and learning what their plans can improve relationships. Conversations during the meal provide opportunities for the party to bond, plan, connect and learn from one another.

