

CITY PARK ENHANCEMENT PROJECT

In partnership with the
Atoka/Coal County “Partnership For Change” Community Coalition

Project Goal/Objectives:

- Provide outdoor exercise equipment along existing trails to create exercise stations at the Coalgate and Atoka City parks to **enhance** the health aspect of a fitness routine and encourage more people to utilize the existing trails system and recreational benefits in both locations as the parks offer a variety of options for physical activity.
- Create awareness of available equipment in along the walking/jogging trails in the Atoka and Coalgate City parks).

Target Audience:

All members and visitors of the Atoka and Coalgate communities



Project Scope/Narrative:

Currently the Coalgate City Park has a jogging/walking trail that is approximately 2 mile long, lighted and paved. It circles a beautiful lake and is located in the park area that draws many people on a daily basis, with bathroom, tennis courts, baseball fields, fishing, playground equipment, picnic areas, and many other attractions. It will soon be the site of the new fitness center that will have an indoor pool. The Atoka City Park has many of the same advantages located across from the Atoka High School. The park has a ¼ mile track, lighted and paved, that runs through the park area. The park has lighted tennis courts, swimming pool, picnic areas, and playgrounds.

All equipment is made from heavy duty square metal tubing that will be powder coated. Benches will have the Turning Point and WIC seal/logo placed prominently in the center of the benches) as will also be reflected on the exercise equipment. Instructional signage will be an important feature. Whenever needed, each component will include instructional information on a weatherproof vinyl decal, which is designed to adhere firmly to the main structural frame of the equipment. The instructions include explanations for the muscle groups that are exercised on each piece of equipment, as well as detailed directions on how to perform the exercises. Benches will be placed equal distances apart next to track for those wishing to rest.



Participating Partners:

City of Atoka
City of Coalgate
Coal/Atoka County Health Department
Big FIVE Community Action Agency
INCA Community Action Agency
County Commissioners
Oklahoma Correctional Institute
Local Media
Community Volunteers



Project Outcomes:

A dedication ceremony was held at the Coalgate Park on July 4, 2006 for the exercise equipment that had been added to the park jogging trail. The Atoka park equipment will be installed in November, 2006. By providing such exercise stations along the identified existing trails, many fitness needs of all community members will be met. This equipment will provide a variety of outlets to improve cardiovascular to strength training to flexibility to coordination and balance.

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