

# BOOKER T. WASHINGTON COMMUNITY PARK PROJECT

*In partnership with the*

McCurtain County Coalition for Change & the Idabel Minority Action Committee

## Project Goal/Objectives:

- Provide outdoor fitness equipment on the campus of the Booker T. Washington Community Center in West Idabel as a cluster of exercise stations to enhance the health aspect of a fitness routine and promote fitness activities for active lifestyles to improve health, longevity and the enjoyment of life.
- Create awareness of availability of equipment usage to community members.

## Target Audience:

- All members and visitors of the Idabel community with special emphasis on the minority populations ~ African Americans of all ages
- Individuals, Parents, Families and Children

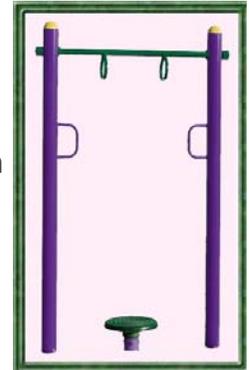
## Project Scope/Narrative:

The identified outdoor fitness equipment is appropriate for all ages, elementary school children to senior citizens, and fits perfectly in a rural setting such as Idabel.

A selection of unique and specific focused units will create a complete fitness facility, building upper/lower body, leg and back strength, enhancing cardiovascular fitness, agility and flexibility.

The Outdoor Fitness concept suggests that people can make important fitness gains in an enjoyable outdoor environment, free-of-charge. It is easily installed and virtually free of maintenance.

This equipment will provide a variety of outlets to improve cardiovascular to strength training to flexibility to coordination and balance. All equipment is built to last-long and has been tested in the toughest conditions. And it is very attractive, with vibrant powder coating. Instructional signage will be an important feature. 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.



## Project Outcomes:

The Booker T. Washington Park Project will provide local residents and visitors with an accessible, free and beneficial outdoor exercise facility. Currently this project awaiting installation and is looking forward to the utilization of this equipment.

## Participating Partners:

Idabel Minority Action Committee  
Booker T. Washington Community & Staff  
City of Idabel  
McCurtain County Health Department  
Community Volunteers

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