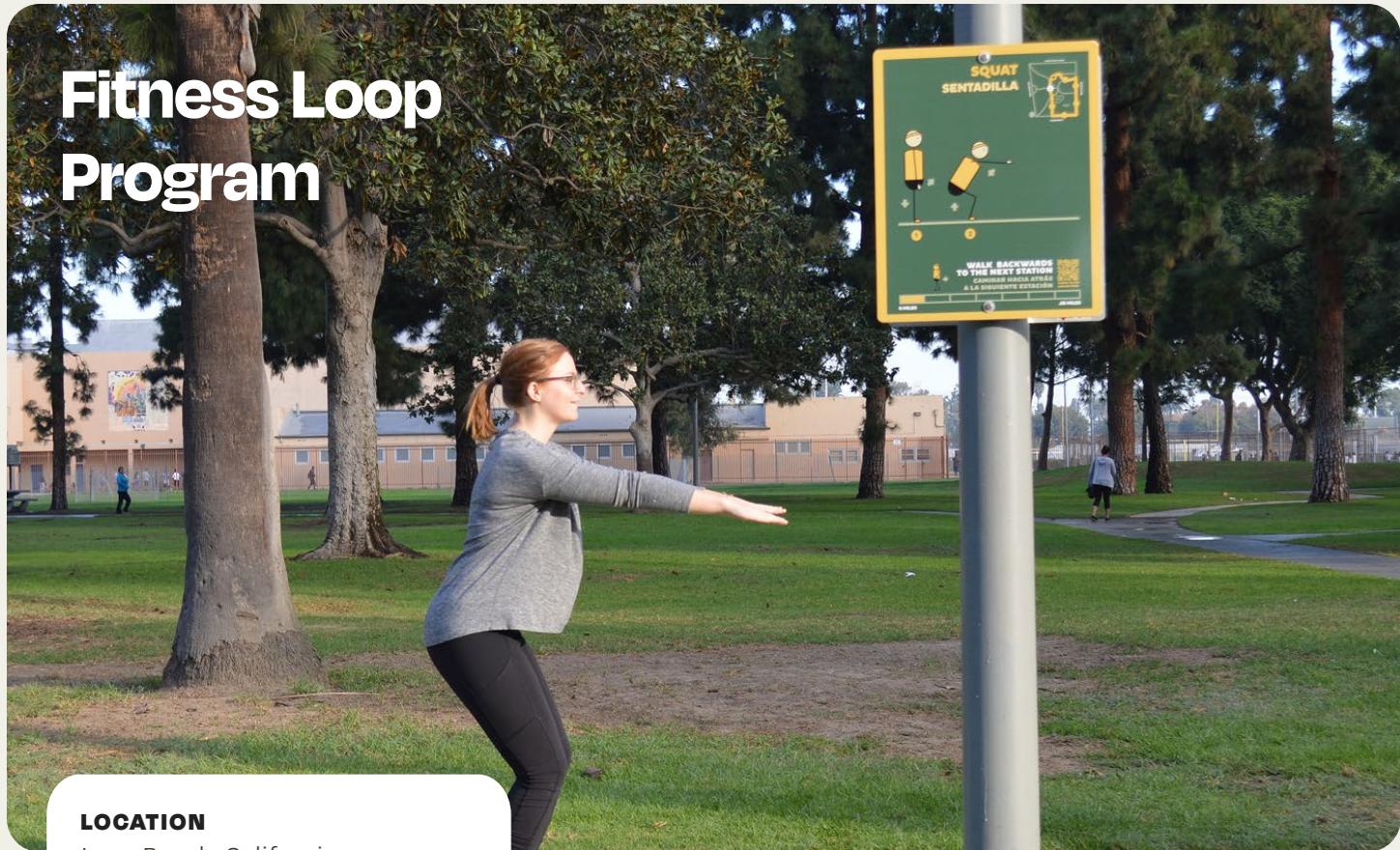




Fitness Loop Program



Fitness Loop Program



LOCATION

Long Beach, California

TIMELINE

2015

ROLE

Consultant

SERVICES

Building + Interior

Urban + Systems

Landscape

Planning + Policy

Graphic

Engagement

Tactical

Organization

City Fabric worked with the Long Beach Health and Human Services Department as well as the Coalition for a Healthy North Long Beach to develop a temporary intervention in North Long Beach's Houghton Park by repurposing the park's walking path network into a fitness loop.

Using fun graphics and smartphone applications, the fitness loop provides instructions for participants to learn how to do simple exercises along a half-mile loop in the park. Participants also are instructed to traverse the loop between stations in active ways such as performing high-kicks, side-steps and jogging, among others. The fitness loop was installed to build interest and determine user trends for the eventual permanent fitness loop with outdoor exercise equipment.