



PRESS RELEASE

Lisle Park District

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Spring into Fitness with Lisle Park District's Outdoor Fitness Equipment

Spring weather has finally arrived and the Lisle Park District invites you to get moving on the ExerSkys outdoor fitness equipment. Installed at Community Park and Surrey Ridge Athletic Complex, ExerSkys units are designed to meet the needs of active adults, from teens age 14 and up to seniors. This specialized outdoor exercise equipment offers low resistance "fitness terraining" for people of all ability levels in the natural beauty of the outdoors. Placed along walking paths, ExerSkys help supplement a fitness routine. Users take a break from walking or running, perform a few repetitions at a station, then continue on the pathway. As part of a pilot program, the equipment was donated by Partners for Parks through the Hazel VanKampen Memorial Fund. There are three ExerSkys stations from the *Ranger Series* which aim to increase range of motion and three stations from the *Easy Terrainer Series* which focus on building strength and flexibility.

In Community Park, along the south walking path behind Sea Lion Aquatic Park, are an elliptical trainer, shoulder wheel, and waist twister, all from the *Easy Terrainer Series*. On the north, south and west sides of the walking path surrounding Surrey Ridge Athletic Complex (located at the intersection of Naper Blvd. and Abbeywood Dr.) are the *Ranger Series* parallel bars, elliptical terrainer, and chest press. These easy-to-use stations are complete with instructions for use and are great for all ranges of ability by utilizing an individual's body weight as resistance. For more information regarding the Lisle Park District's ExerSkys Equipment, call 630-964-3410 or visit www.LisleParkDistrict.org/Parks to view equipment and instructions.



ExerSkys *Easy Terrainer Series*: waist twister, shoulder wheel and elliptical trainer at Community Park.

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