

West End Calisthenics Parks

\$50,000

Ballot Description: Creation of local calisthenics space to enable residents to pursue and maintain a simple but effective strength and skills workout through pull-up, parallel and wall bars.

Location(s): Barclay Heritage Square in the green space at the corners of Haro and Nicola Streets

Full Description: Calisthenics parks are suitable for people of all ages, skill and strength levels and abilities. In addition to physical benefits, calisthenics parks also have shown to have an important social benefit by enabling social interactions and community building. In the West End Neighbourhood Social Indicators Profile published by the City of Vancouver in 2018, almost a quarter (23%) of the West End's population is below the after-tax low income measure. In addition, the median income of the neighbourhood lies below the rest of the City (\$51,000 vs \$65,000). If subsidized fitness programs and facilities exist in the neighbourhood, the calisthenics parks do not require any financial contributions by community members to utilize and benefit from the infrastructure. Furthermore, users of calisthenics parks are free to develop their own full-body exercise routine using resources freely available online or exchange knowledge with other participants.

