

Creating environments for adults to do physical activity in playgrounds

Type of action: playgrounds / long term action.



Type of solution: Sport based solution.

Location of the Good Practice: Malatya/Turkiye.

Designer/s: Battalgazi Municipality.

Investor/s: Battalgazi Municipality.

Photo by Ahmet Dalci

Cost of works: 3000€

Extension of the area: 30 square meters.

Rational and overall scope of the intervention

Outdoor fitness equipment, especially for children's parks, is placed in parks by municipalities so that families with children do not stay inactive while their children are playing. In this way, parents who come to the park with their children adopt a more active lifestyle by using fitness equipment.

Target groups addressed and related needs

Target audience Families coming to the playgrounds. Families working in busy business life have few leisure activities and do not do much physical activity. At least when they come to

the park, municipalities have put fitness equipment in all parks in order to meet the mobility needs of families who come to the parks with children to adopt a healthier lifestyle.

Description of technologies and material used for works

Seating Area Size = 52cm x 100cm / Safety Area Size: 1.52cm x 2.00cm Height: 1.33cm

Metal Material = Ø 140 diameter Carrier main body pipe (minimum 3mm wall thickness) /
Pipe diameter of moving parts Ø 60 (minimum 2.5mm or 3mm wall thickness)

Paint Material = Electrostatic oven powder paint

Polyamide or Polyethylene Material = All roller bearings are covered with polyamide cover.
+ sit down

Impact on the place aesthetics

While it was an unused and idle land belonging to the municipality, the municipality turned this area into a recreation area as both a green area and a sports area.

Impact on the community wellbeing

It provides social solidarity and integration. The recreational approach helped to increase diversity in the society, the national spirit was strengthened, family ties were strengthened, the elderly were accepted, etc. It also had positive effects on the development of social and societal behaviors. Families gained healthier living habits.

Impact on the community inclusion

Families who are busy in their business life and do not have time for physical activity have ensured to be physically active thanks to such areas.

Coherence with sustainable development goals

In order to ensure social sustainability, since the existence of human

It takes its place in the social rules as a tool that directs the social, cultural and educational structure of the society.. However, in order to ensure social sustainability in sports, different

gender, social class, biological It should be ensured that groups with the same characteristics do sports at the same rate. Municipalities continue to work for this purpose.

Establishing the physical infrastructure that will facilitate physical activity for individuals in line

With the needs determined as the development of cooperation with other public and private institutions, especially municipalities, and to encourage active living habits through activities. creation of physical environments that will increase physical activity and determination of studies for the integration of these physical environments into daily life.

Potential of improving people's health: Medium-high.

Level of creativity: Medium-low.

Attention to gender equality and inclusion: High.

Aesthetic impact on the urban environment: Very High

Level of sustainability: Very high.