

Many Mueller residents moved here to be closer to family. The equipment being proposed is designed for families who want to be active together.

Research on day care centers and the elderly led to a mix of equipment that allows both groups to be engaged and active.

Grandparents and their grandchildren find this active “playground” enjoyable, entertaining and fun as they spend time together.

We are working towards I³

(Intentional Intergenerational Interactions)



MUELLER Aging&Neighborhood

The population of people over 65 is growing nationally and that is true in Mueller as well. The Baby Boomers started turning 75 in 2021. The generation that was never going to get old is now facing the reality that we all are aging. The Baby Boomers started turning 75 in 2021. The generation that was never going to get old is now facing the reality that we all are aging.

In Mueller, the non-profit WAAO Inc is working with the neighborhood association Aging&Neighborhood Subcommittee to create spaces for our seniors to age gracefully by remaining active and socially involved.

One effort is to design, fund and have installed, a “Senior Fitness Garden” with equipment that is age and ability appropriate.

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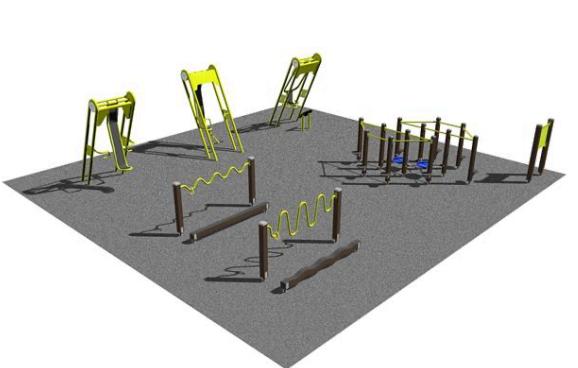
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SENIOR FITNESS GARDEN



Our seniors want to remain active and involved. We are researching ways to provide age appropriate activity equipment in a park setting for Mueller's growing senior population





STRENGTH AND BALANCE:

Reduced muscular strength and balance expose people to the risk of falling. As we get older, the importance of maintaining our muscular strength becomes emphasized. Large muscles support the posture, contribute to metabolism and, most importantly, prevent falling and protect from injury, if a person does fall down. When these muscles are in good condition, they react quicker when a person falls down, thus softening the impact on the bones. And if a person happens to fall down, it enhances the chance for a successful rehabilitation if there is some reserve in the muscle mass that one loses during bed rest.

Text and diagrams are modified from <https://www.lappset.com/Products/Outdoor-sport-equipment/Senior-Sport>

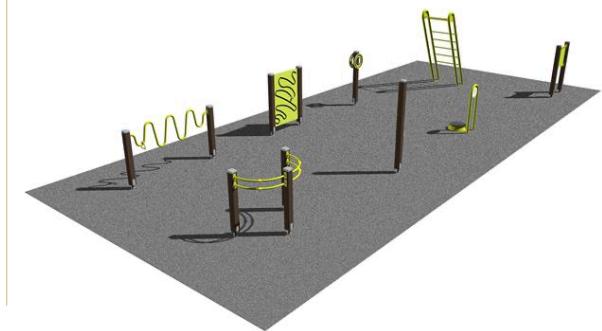
ACTIVE AGING EXERCISES

Senior Sport equipment strengthens the motor skills and manual dexterity of the elderly. They offer sensible forms of activity, which also enhances mental well-being.



MOBILITY AND UPPER BODY JOINTS:

As we become older, our mobility declines. This is due to factors such as an increase of connective tissue in joints, and the reduced elasticity of tendons and muscles. The reduced range of motion affects our everyday activities, such as getting dressed, washing ourselves and reaching to an upper cabinet shelf. The range of motion is also connected to how the muscles produce strength. The range of motion can be maintained and improved, and muscle and joint ache prevented and reduced by means of regular mobility exercises.



CORE AND WALKING:

The ability and skill to walk is one of the key indicators of a person's ability to function. As we get older, our step length becomes shorter and gait speed slows down. It is important to perform stepping exercises on different surfaces that affect the ankle posture. Shifting one's balance from one leg to another (or from one buttock to another if sitting down) is a key part of walking. The same movement strengthens the muscles in the core and the pelvic area. Shifting the balance from one leg to another when standing up functions as a good movement exercise for the ankle.

