

# CHERRY LAKE FITNESS STATION TRIAL

## WHAT WE HEARD



### About the Trial

Following a number of budget requests from the community for Hobsons Bay City Council install fitness equipment in reserves, council allocated \$200,000 in the 2017/18 budget in run a trial on fitness stations.

A set of guiding principles were developed by the Active Communities Department to be considered when identifying locations for outdoor fitness equipment. The trial location of Cherry Lake was chosen as it closely fitted the guiding principles.

Three separate fitness stations were installed at strategically placed locations along the Cherry Lake Shared Trail. Between August and December 2018, Council sought community feedback on the three stations and the type of equipment installed at each station. The information gathered from this trial will inform the installation of future fitness stations across the municipality.

### What we learnt from the Trial

We learnt that the community loves Fitness Stations and that you want more of them – everywhere.

Over 290 people visited the online information about the trial and 97 surveys were completed through Participate, the council's online engagement portal. This is in addition to the 676 of people who liked the social media posts regarding the fitness trial and the 248 people who commented on the Council's social media platforms.

From the feedback Council has received as part of the Fitness Station Trial at Cherry Lake, this trial was very well received by the community.

We know that the fitness stations at Cherry Lake are a very popular addition to the Cherry Lake Recreational Precinct.

Station 2 is the most popular fitness station at Cherry Lake with the other two stations only slightly less popular. However it has been noted that the majority of people using the

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fitness stations visited more than one station. Most people spend between 5 and 10 minutes at each station and will generally walk between the stations. About a third of respondents indicated that they run between the stations.

Usage of the stations are evenly spread throughout the day, with a strong preference of use in the evening, and that there is an even spread of usage through most days of the week, with Sundays the least likely day for people to visit the stations. The majority of respondents say that they visit the fitness stations 2-3 times a week and indicate that the fitness stations at Cherry Lake meet their needs. All respondents indicated that there are other people on the fitness equipment when they use them.

### Preferred equipment

Overall Fitness Station 2 was the preferred location of the people completing the surveys, however there was an even spread across the board with all three stations being used. The majority of survey responses we received was from Station 2.

Across the three stations the most used pieces of equipment included the Chest Press at stations 1 and 2, the Elliptical trainer at stations 1 and 2, the leg press at stations 1 and 2, the step up stations at stations 1 and 3, the stretch station at stations 1 and 2 and the body push up stations at stations 2 and 3.

### Preferred Locations

There was a consistent theme among the respondents as to the preferred locations of future fitness equipment locations. Theme locations predominantly involve along the foreshore in Altona and Williamstown and destination reserves / locations including Newport Lake Paisley Park, Truganina Park, completing the Cherry Lake circuit and along the Hobsons Bay Shared Trail.

### What we heard from you

A big “thank you” for installing the outdoor gyms at Cherry Lake. They are fantastic.

It’s a fantastic initiative.

Awesome idea such a great idea. Would also be good at the beach front, I would use it often when walking down the beach.

Extra lighting to encourage and cater to those who go out later at night (eg nightshift workers), especially when winter comes around again.

When I go, others that visit just come & go, 5min, me I like to work for about 30min & include a walk sometimes to the station near playground for 5 min or just walk in between exercises up & around the hill & trees in front of Fresno Street station. Love it – Thank you.

We adore them and hope you keep them. It’s been a long time since my teenagers were so motivated to exercise. The one near the carpark is always full of little children climbing over everything so often almost impossible for anyone else to use.

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I think it's a great idea – excellent to me as I live within walking distance – I can walk my dog at the same time and he waits while I exercise. It's free and of great benefit to our community.



**HOBSONS BAY  
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