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Playground with swings near me

Where to buy swings for swing set. What playgrounds are near me. What to do at the playground. Quote about swings on playground. Playground with baby swings near me. Is there an indoor playground near me.

The Centers for Disease Control and Prevention (CDC) recommends American adults, including elderly people, to obtain at least 150 minutes of moderate intensity aerobic exercise, such as walking, or 75 minutes of vigorous activity-intensity, such as jogging or running, every week to help maintain -- and perhaps lose -- weight. The CDC also recommends strength training two (or more) days each week. Many types of physical activity, if you are walking a dog or digging in your garden, count towards those hours of exercise. And being active even for 10 minutes at a time counts towards your total weekly. But, by the way, we're not doing a great job with those fitness recommendations. Our greatest apologies? We don't have time. It's too much work. If you're carrying a little extra weight or if you fell off your fitness cart you're not alone. The average American adult weighs 23 pounds (10.4 kg) more than what is considered its ideal weight, and about 35 percent of us are considered obese (which means weighing more than 20 percent on your ideal weight) [source: Rauh, CDC]. And if things continue as they are currently trending -- greater life and more weight -- it is estimated that 42 percent of Americans will be obese by 2030 [source: Begley]. If the thoughts of going to the gym or training for a 5k don't motivate you, maybe the monkey bars will. We know how important it is for children to play -- not only involves their imaginations; It also helps them develop dexterity and strength (both physical and mental). But playing is not just a kid. The idea of adults using playgrounds is relatively new for Americans, but outdoor fitness areas -- open spaces, equipped with fitness equipment and freely available for anyone to enjoy -- are gaining popularity in recent years in China, Japan and some European countries. We have our list of things we would like to see in the adult playgrounds -- so we jump with a classic: court hopscotch. When's the last time you got on a line or lost a square? If you can't remember the last time you lost your balance on the hopscotch field, consider jumping back to this popular children's game. Hopscotching is a bone-strengthening exercise. While jumping along the grid, you are raising your body weight against gravity, and this kind of physical activity helps you build and strengthen the bone. You also give your leg muscles and your core a workout -- and hopscotching is also a great way to practice balancing, which will help reduce the risk of falling as age (a common cause of injury among the elderly). Climbing is a great workout, but when is the last time you climbed something over the stairs in your home? The indoor and outdoor climbing walls offer many of the same advantages as rock climbing, but in a safer and welcoming environment. What about those benefits? When you climb on a rocky wall, you will work your core, arms and upper arms, shoulders, fingers, hands, abs and calves. Indoor gyms and climbing centers have had climbing walls for years, but combining physical activity with fresh air can be exciting. Don't be intimidated by the climbing wall, no matter what skill level you are when you start. Although you get a solid workout, the advantage of climbing walls is not only physical. Yes, climbing helps build muscle strength, endurance, agility and flexibility, but planning each maneuver also sharpens your mental attention. Do you remember how well it felt to play on swings, legs above the ground and hair blowing in the wind? The odds are, you will feel the same way now that you are an adult, but allFun comes with a bonus. While you feel free like a bird, you will also work out your arms and abs while slipping through the air - and if you swing for about 20 minutes, you will burn about 100 calories [Source: SÅ ©]. The SWING set can also be used for more traditional strength training. Try keeping the seat while holding a plank pose, or test test Your balance by taking knees raises while you get up on the seat to change things. Slides in a playground for adults? Absolutely. Not only is it slipping down a lot of fun - and this is not the point of being in a playground for adults? - Every time you go up again for another ride, you are giving your calves a good workout, if you climb the staircase or walk on the slide itself. While you go up, be aware of your arms: for the best lower body climbing workout and balance training does not pull you up or support your arms while you go up - you want your leg and muscles of the heart (which is yours ABS, pelvis, hips and back) to do the job. Walking is one of the best exercises you can do. It costs almost nothing, and has great benefits. Regular walks and moderately help you manage your weight, improve cholesterol levels, lower blood pressure and reduce the risk of developing type 2 diabetes (or complications from type 2 diabetes). Walking also helps raise your mood (releasing pain, mood-boosting endorphins) and keep insomnia at bay [source: Mayo Clinic, Arthritis Today]. Remember, you're looking at least a moderate rhythm while walking, which means about 100 steps every minute (using a pedometer you can help you follow your steps). And don't avoid the hills: you will expand a third more energy while you are going up on a 15-degree inclination than the one you will do on a flat path [source: Zerbe, Columbia Health]. According to a recent survey of the American Heart Association, Downturns in the economy affect our physical health and our capacity to go to the gym. In 2008 and 2009, the gym members cancellations were high and new members of the gym were falling - everything due to the Americans who held their budgets [source: Ibisworld]. Outdoor gym equipment in your local adult playground, on the other hand, is free to use - no subscription is required. The training areas designed for external spaces should generally include the type of fitness equipment that you expect in an internal gym, of only belonging: benches, leg presses and leg curl machines, Recumbent and stationary bikes - Even treadmills designed for outdoor use. Negotiating an obstacle course not only helps to condition your muscles, it also helps improve your balance and your trust. Adult-oriented courses should be complex and include obstacles to skip over, obstacles to agility training, balancing beams, climbing strings or nets, galleries to crawl through, stairs or bars for vertical and horizontal climbing. For those looking for something a little more exciting of the balance beam, Parkour can be the answer. While it may seem acrobatic, Parkour takes the obstacle course away from the balancing beam and rope nets and leads to the environment you have available - be it an urban center or your local park. You will find yourself running, jumping, climbing, balancing the benches, fountains and any other obstacle in your journey while you learn the discipline. Imagine you to surf in an obstacle path full of bridges, nets, swings and slides - and now imagine you to do it suspended in the trees. Aerial adventure courses often include zip lines, suspended bridges, nets, swings and slides that are part of the tree canopy, but while you are turning along a zip line, you will also get a good workout. Because the navigation of these obstacles will challenge you to raise your body weight, the obstacle courses suspended improve our upper body strength. The muscles of the heart (ABS, pelvis, hips and back) also work), and a strong core Greater posture and less rear pain, as well as better balance and less risk of falling. Multigenerational playgrounds are built to accommodate children, their parents and grandparents - these are children's playgrounds of any age. In these spaces, you will find slides and swings for children next to outdoor fitness stations with adult equipment, such as stationary exercise bikes, chess boots and balance beams, all intended to help us keep us tender -- and cognitively and emotionally -- adapt from childhood through our senior years. "The game and physical activity aim at parts of the brain that often remain dormant with our sedentary lifestyles and based on the screen," explains Maria Hassel, director of the Children's Learning World, a Montessori school. "Physical play -- also Zumba -- climbing, logical puzzles and non-routinized activities allow us to see things differently, and use our brain in different ways, which is fundamental to a healthy and mental physical state" Playgrounds that offer options for all ages also offer a new twist on family time -- being healthy together through physical activity could replace more sedentary activities. The equipment for the park energy collection games is practically exactly what sounds like -- equipment for the playground that is able to collect and store energy. The kinetic energy of your movements could be used to feed everything, from outdoor lighting of the playground to perhaps even nearby buildings, depending on how many people use the energy collection equipment (more people working, more electricity generated and collected). Does this sound far and futuristic? Designers and engineers are already hard to work on technology. And how much power can you generate while you're in the playground? When you are busy in moderate intensity exercise, you generate about 50 watts of electricity in an hour [source: California Fitness]. In the future, the answer to an energy crisis could be as simple as the child's game - literally. Do you know what surprised me especially when I start looking for all the possibilities for this article? All the benefits of hopscotching. I loved playing hopscotch when I was little, but while I sat here reminding the recession I found out I couldn't really remember the rules of the game. And the kids today still play hopscotch? What I came with at the end is that none of us, young and old, is making a leap, and this is a sin -- not only because it is such a fun way to be active, but because you can easily throw down a court with nothing but a piece of chalk. Related articles The National Institute of PlayTGO: The Great Outdoor Gym CompanyPlayfitAbrahms, Sally. 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