

# Fitness Equipment for Seniors

## North Ridgeville Senior Center

### 2016



#### **Address:**

7327 Avon Belden Rd.  
North Ridgeville, OH 44039

#### **About:**

The North Ridgeville Senior Center installed an adult fitness station.

The exercise equipment is specially designed to improve the user's balance, coordination, and strength. To encourage seniors to use the adult fitness station, the North Ridgeville Senior Center worked with other organizations to host Walking and Balancing Challenges, as well as four-week classes incorporating indoor and outdoor exercises designed to improve balance.

For North Ridgeville senior, Jane Hughes...

*"Being able to live independently is a strong motivation for me to stay active and healthy. I want to continue enjoying the simple pleasures in life, so I know that it's important for me to be able to carry out everyday life skills and follow my normal routine, which includes taking the stairs every day."*

Grantee: North Ridgeville Senior Center



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