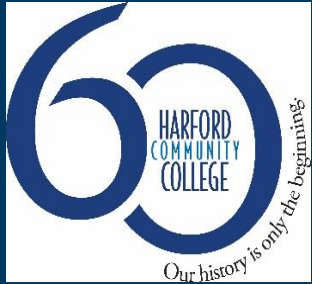


Edgewood Fitness Zone

Free to be Fit



Presented by

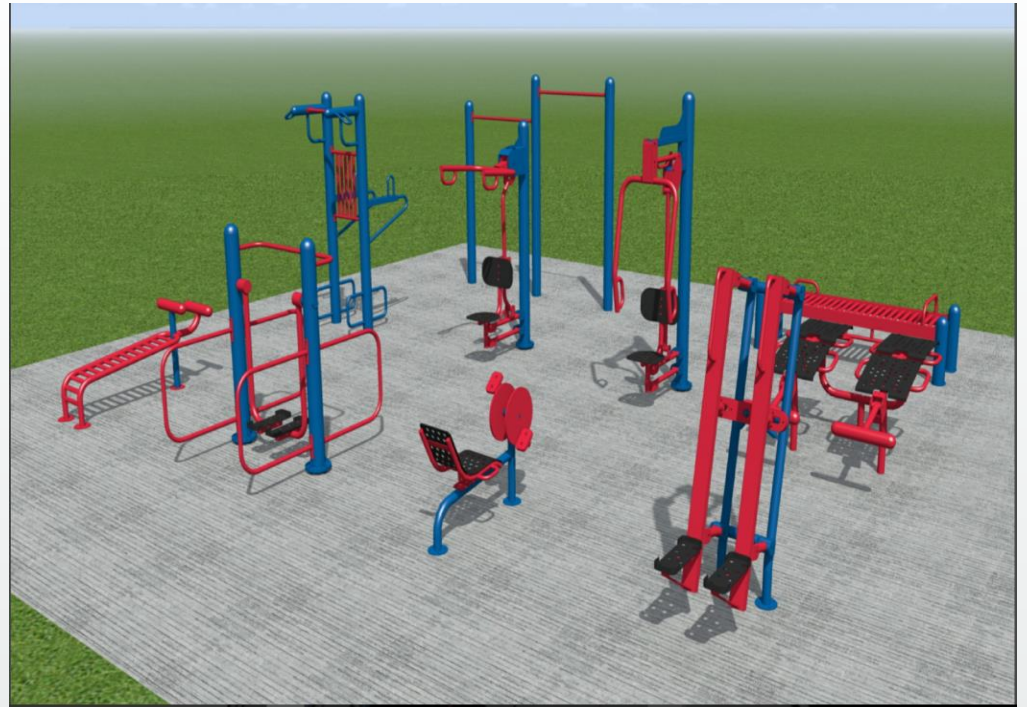
Brandon Arnold, Megan Greene, Cecile Tchoujan
Harford Community College

for the

Maryland Sustainable Growth Challenge 2018

Edgewood Fitness Zone

Free to be Fit



- Exercising outdoors
- Outdoor fitness center
- Community-based project

Benefits of the Edgewood Fitness Zone

Economic

- More productive labor force.
- Lower healthcare costs.
- Fewer employee sick days.



Health

- Exercise improves moods and reduces depression and anger.
- Exercising outdoors provides even higher mental health benefits.



Social

- Provides for greater social equity.
- Positively impacts the social culture of residents.
- Engages community and local government.



Potential Sites in Harford County, MD

| | Transit | Attractions | Low-Income | Trail | Playground | Area |
|-----------------------------------|----------|-------------|------------|----------|------------|----------|
| Flying Point Park (Edgewood) | | | X | | X | X |
| North Deen Park (Aberdeen) | X | | X | | | |
| Robert Copenhaver (Joppa) | | X | | | X | X |
| Edgewood Rec Center (Edgewood) | X | XX | X | | X | X |
| Mariner Point Park (Joppa) | | X | | X | X | X |



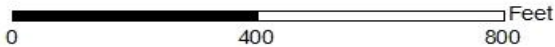
Edgewood Fitness Zone

Free to be Fit

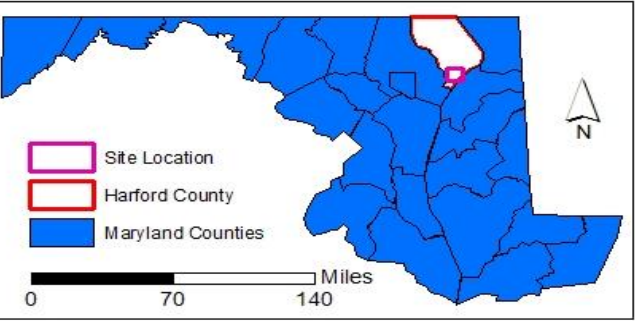


Site Location

- Roads
- Edgewood Recreation and Community Center



Compiled by: Megan Greene
Date: 1/18/18

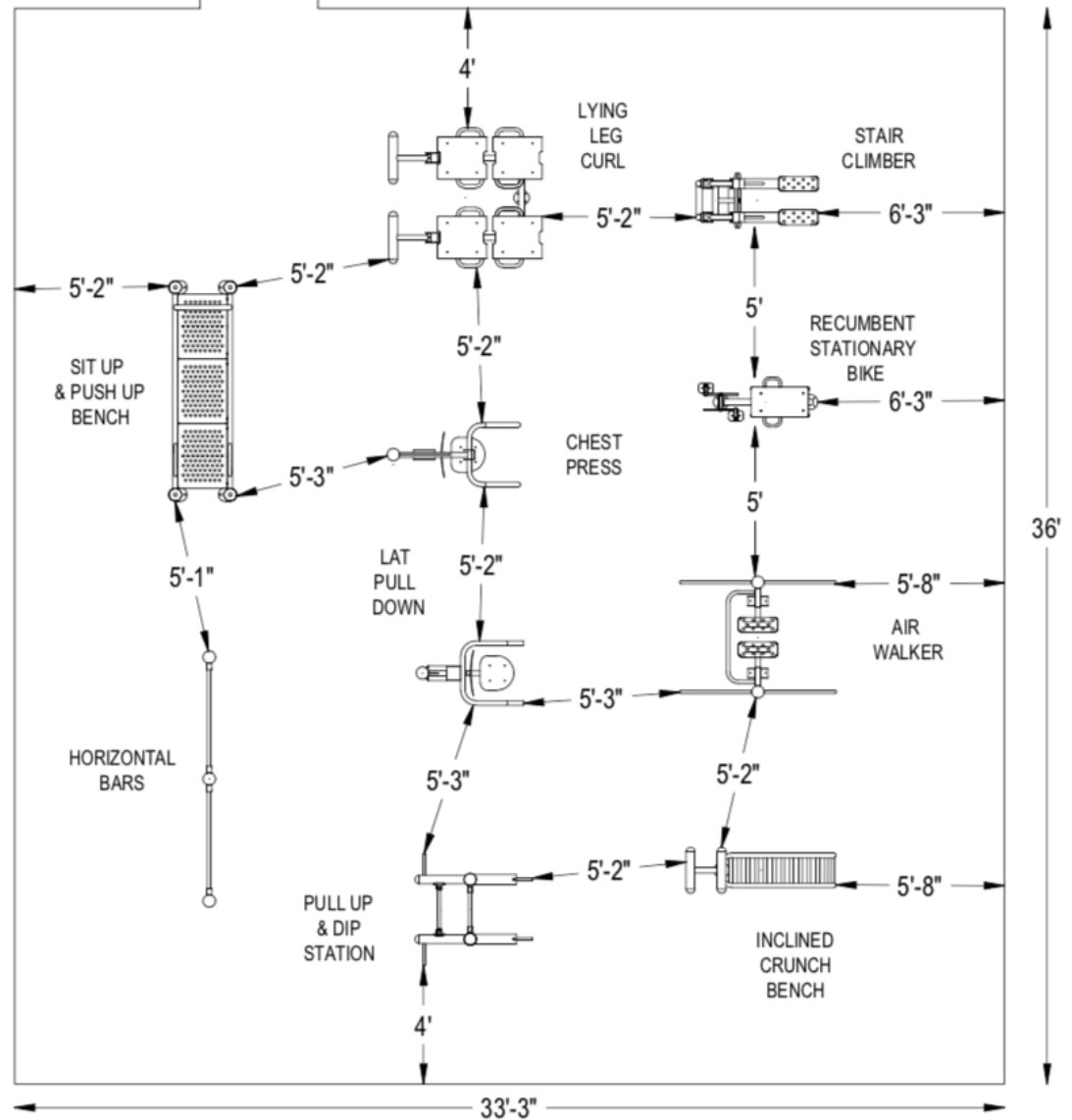


Placement of Edgewood Fitness Zone



Schematic and location map provided courtesy of Playground Specialists, Inc.

Schematic of equipment specifications for Edgewood Fitness Zone



Quynh Budzynski

Chair, Edgewood Community
Advisory Board

Kathy Burley

Director, Harford County Parks &
Recreation

Paul Magness

Deputy Director, Harford County
Parks & Recreation

Bari Klein

Public Health Program Manager,
Healthy Harford

Edgewood Fitness Zone

Free to be Fit

Community Engagement



Project Cost Estimate

| Expense Item | Cost |
|--------------|------------------|
| Equipment | \$ 21,505 |
| Labor | \$ 12,720 |
| Material | \$ 4,892 |
| TOTAL | \$ 39,117 |

Project cost estimate provided by Playground Specialists



Possible Funding Sources

Quality Health Foundation Grants

MD

Funds programs that focus on understanding health issues and demonstrates improvement through measurable outcomes of stated goals. Types of projects QHF might fund include: promotion of healthy lifestyles and quality of life.

The Abell Foundation

MD

Supports programs designed to reach the underserved, disadvantaged, and at-risk populations. Their aim is to help them achieve fuller and more meaningful participation in the community and to promote physical and mental health well-being.

The Harriet and Jeannette Weinberg Foundation

MD

Provides grants for up to 30% of a project in the Maryland area.

Edgewood Fitness Zone addresses nine of Maryland's 12 Visions

Accessible
Affordable
Weatherproof
Unison

Quality of life & sustainability



Community
Transportation
Natural scenery

Community design



Employment
School groups
Adult gym

Economic development



Minimal impact
Open space
Natural beauty

Resource conservation



ADA accessible
Enhances
Protects

Stewardship



Supporters
and
Consultation

Implementation



Drainage for
Chesapeake
Bay

Environmental protection



Transit
Efficient
Movement of
people

Transportation



Expand
Attractions
Population
demand

Growth areas



It Takes a Village

Thank you to our faculty advisors & supporting contributors

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Quynh Budzynski - Edgewood Community Advisory Board

Bari Klein - Healthy Harford

Kathy Burley – Harford County Parks and Recreation

Paul Magness - Harford County Parks and Recreation

Sam Mendelsohn - Greenfields Outdoor Fitness

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Delegate Andrew Cassilly – House of Delegates, District 35B

Mike Perrone – Harford County Council, District A