

AND PARTICIPARK!!!

by Anne Kilfoil, Patsy Hale and John Hamilton



the park is much nicer than a closed-in gymnasium. At various places along the trails there are "fitness stations" which allow the participant to test his strength or endurance. These can be as easy as balancing on a log beam or as strenuous as lifting heavy logs. Altogether the fitness stations put nearly every muscle in the exercisers' body to work.

Built by students two years ago, Participark was sponsored by the federal government and an insurance company, and is related to the national Participaction promotion of physical fitness. It is one in a series of similar exercise parks in cities across the country.

So as these pictures show, you don't have to be a great athlete or even superbly trained to enjoy a run through Participark. As they say on the radio, it's a step in the right direction.



Somebody has been here before !



JOHN HAMILTON Photo

exhausted, Anne and Patsy never give up!



ANNE KILFOIL Photo

The athletes take a well-deserved rest



ANNE KILFOIL Photo

Lifting logs builds biceps and enlarges pectorals



ANNE KILFOIL Photo

A vigorous work-out on the rings