



REPORT TO COUNCIL

City of Sacramento

915 I Street, Sacramento, CA 95814-2604
www.CityofSacramento.org

CONSENT
March 27, 2007

**Honorable Mayor and
Members of the City Council**

Title: LifeTrail Wellness Stations Capital Improvement Program

Location/Council District: Various City Parks/ Various Council Districts

Recommendation: Adopt a **Resolution:** 1) establishing a new Capital Improvement Program (CIP) for Sim Park LifeTrail Wellness Station, CIP LX74; 2) appropriating \$20,000 from the Hart Trust Fund, Fund 561, to Sim Park LifeTrail Wellness Station, CIP LX74, for the purchase and installation of a LifeTrail Wellness Station; 3) appropriating \$20,000 from the Hart Trust Fund, Fund 561, to Jacinto Creek Park Phase 2, CIP LU38, for the purchase and installation of a LifeTrail Wellness Station; 4) appropriating \$20,000 from the Hart Trust Fund, Fund 561, to South Natomas Community Park, CIP LW36, for the purchase and installation of a LifeTrail Wellness Station; 5) appropriating \$20,000 from the Hart Trust Fund, Fund 561, to Marshall Park, CIP LX16, for the purchase and installation of a LifeTrail Wellness Station; and 6) appropriating \$20,000 from the Hart Trust Fund, Fund 561, to Garcia Bend Park, CIP LY06, for the purchase and installation of a LifeTrail Wellness Station.

Contact: J.P. Tindell, Interim Planning and Development Manager, 808-1955

Presenters: Not applicable

Department: Parks and Recreation

Division: Park Planning, Design & Development

Organization No: 4727

Description/Analysis

Issue: The E. M. Hart Trust Fund Advisory Committee will contribute \$100,000 towards the purchase and installation of LifeTrail Wellness Stations for five City Parks (Attachment 1, page 4). The specific exercise panels chosen were selected with input from Dr. Lois Boulgarides, a CSUS professor, who

specializes in older adult exercise. LifeTrail is a series of outdoor fitness stations, specifically designed to meet the needs of older adults. Each park will receive four LifeTrail Wellness Kiosks, each with three separate activity and information fitness stations featuring the following: welcome/introduction to LifeTrail; balance/fall reduction information; lower body warm-up; seated curl; upper body warm-up; forearm roll; standing push-up; wheelchair push-up; single leg balance; hamstrings stretch; calf stretch; and partial lunge.

In order to accept these funds, Council approval is needed. It is requested that a new CIP is established for LifeTrail Wellness Stations for Sim Park LifeTrail Wellness Station; the other parks receiving the equipment have established CIPs. Improvements are scheduled to be complete by year-end 2007.

Policy Considerations: As stated in City Council Resolution No. 2006-444, Section 10.3, City Council approval is required to establish CIP projects.

Committee/Commission Action: On February 27, 2006, the Trust Fund Advisory Committee voted that \$100,000 be allocated for the purchase and installation of the equipment.

Environmental Considerations: This report concerns administrative activities that will not have a significant effect on the environment, and does not constitute a "project" as defined by the California Environmental Quality Act (CEQA). [CEQA Guidelines Sections 15061(b)(3); 15378(b)(2)].

Rationale for Recommendation: Providing parks and recreation equipment is consistent with the City's strategic plan to enhance livability in Sacramento's neighborhoods by expanding park, recreation, and trail facilities throughout the City.

Financial Considerations: The equipment purchase and installation will cost \$20,000 per park site. A total of \$100,000 will be appropriated from the E. M. Hart Trust Fund to fund these projects.

Emerging Small Business Development (ESBD): The selection of landscape architect consultants and contractors for this project will follow City established guidelines for inclusion of ESBD firms.

Respectfully Submitted by:

J.P. Tindell
for CASSANDRA H. B. JENNINGS
Assistant City Manager

Recommendation Approved:

Cassandra H.B. Jennings
for RAY KERRIDGE
City Manager

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Attachment 1**Background Information**

Collaboration between the Park Planning, Design and Development Division and the Recreation Division's 50+ Wellness Program has resulted in a plan to install LifeTrail Wellness Stations in five City parks throughout Sacramento. LifeTrail is a series of outdoor fitness stations, specifically designed to meet the needs of older adults. The equipment provides a variety of exercise options that will enhance the health and well being of residents of all ages. The strengthening, flexibility, and balance activities included in the stations address the major components of a well-rounded fitness program for active older adults and are ideal complements to a normal walking routine.

The parks identified for this project are South Natomas Community Park, Marshall Park, George Sim Park, Garcia Bend Park, and Jacinto Creek Park. These parks were identified as sites where older adults and other walkers tend to gather and/or are physically well-suited for the installation of such equipment. It is anticipated that many people who are not currently involved in an organized program will utilize the equipment to enhance the benefits of their walking routines.

The specific exercise panels chosen were selected with input from Dr. Lois Boulgarides, a CSUS professor, who specializes in older adult exercise. Each park will receive four LifeTrail Wellness Kiosks, each with three separate activity and information fitness stations featuring the following: welcome/introduction to LifeTrail; balance/fall reduction information; lower body warm-up; seated curl; upper body warm-up; forearm roll; standing push-up; wheelchair push-up; single leg balance; hamstrings stretch; calf stretch; and partial lunge. LifeTrail Stations include posted instructions for getting the most benefit from the equipment. In addition, 50+ Wellness Program staff will publicize and host orientation sessions at each of the five park sites so that residents will be aware of and can fully enjoy the new park amenities.

RESOLUTION NO. 2007-

Adopted by the Sacramento City Council

March 27, 2007

**APPROVING LIFETRAIL WELLNESS STATIONS
CAPITAL IMPROVEMENT PROGRAM**

BACKGROUND

- A. Collaboration between the Park Planning, Design and Development Division and the Recreation Division's 50+ Wellness Program has resulted in a plan to install LifeTrail Wellness Stations in five City parks throughout Sacramento. LifeTrail is a series of outdoor fitness stations, specifically designed to meet the needs of older adults.
- B. The parks identified (South Natomas Community Park, Marshall Park, George Sim Park, Garcia Bend Park, and Jacinto Creek Park) are sites where older adults and other walkers tend to gather and/or are physically well-suited for the installation of such equipment.
- C. As stated in City Council Resolution No. 2006-444 Section 10.3, City Council approval is required to establish CIP projects.

**BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL
RESOLVES AS FOLLOWS:**

- Section 1. A new Capital Improvement Program (CIP) is established for Sim Park LifeTrail Wellness Station, CIP LX74.
- Section 2. That \$20,000 from the Hart Trust Fund, Fund 561, is appropriated to Sim Park LifeTrail Wellness Station, CIP LX74, for the purchase and installation of a LifeTrail Wellness Station.
- Section 3. That \$20,000 from the Hart Trust Fund, Fund 561, is appropriated to Jacinto Creek Park Phase 2, CIP LU38, for the purchase and installation of a LifeTrail Wellness Station.
- Section 4. That \$20,000 from the Hart Trust Fund, Fund 561, is appropriated to South Natomas Community Park, CIP LW36, for the purchase and installation of a LifeTrail Wellness Station.
- Section 5. That \$20,000 from the Hart Trust Fund, Fund 561, is appropriated to

Marshall Park, CIP LX16, for the purchase and installation of a LifeTrail Wellness Station.

Section 6. That \$20,000 from the Hart Trust Fund, Fund 561, is appropriated to Garcia Bend Park, CIP LY06, for the purchase and installation of a LifeTrail Wellness Station.