



<b>Subject of Proposal:</b>	<b>Parish Council proposal for outdoor fitness equipment / Trim Trail.</b>		
<b>Proposal published:</b>	7th August 2023	<b>Closing Date for comments:</b>	6th September 2023

The physical and mental wellbeing of all residents remains a priority for the council. An initiative we wish to propose is the building of either an outdoor fitness area or a Trim Trail around the edge of the Green.

There are hundreds of local council-funded outdoor fitness areas in the UK that are free-to-use all year round to encourage a healthier community. Outdoor metal fitness equipment is usually centralised in an accessible location whereas Trim Trails the equipment tends to be wooden and spread out over a distance to enable walking or running between each station.



### Benefits of having outdoors fitness equipment or a Trim Trail:

1. Regular exercise at a time to suit users.
2. No membership fees.
3. Convenience of location.
4. Year-round availability.
5. Visible cross generational promotion of healthy lifestyle and fitness.

### Suggested options

1. Purchase metal outside fitness equipment to be located next to the current playground;
2. Purchase metal outside fitness equipment and identify a dedicated area on the Green;
3. Purchase wooden equipment which can be situated on the Green.
4. Purchase wooden equipment which can be situated around the edge of the Green (both North and South side to create a circular Trim Trail).

**Your Parish Council value your opinion.**

Please use the QR code below to submit your views. Alternatively, you can submit your views to the Clerk and Responsible Financial Officer by email [clerk@greatbentleyparishcouncil.co.uk](mailto:clerk@greatbentleyparishcouncil.co.uk)



Scan the QR code to vote or go to <https://forms.office.com/e/6gT0XKYy5W>