


## New AGE



### Promoting Physical Activity with Active Green Environments

Wojtek Chodzko-Zajko  
University of Illinois



National Blueprint  
Increasing Physical Activity Among Adults Age 50 and Older

JAPA, 2007

## Participating Organizations

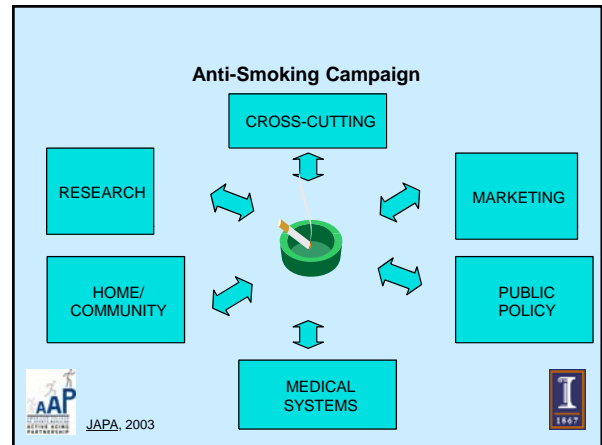
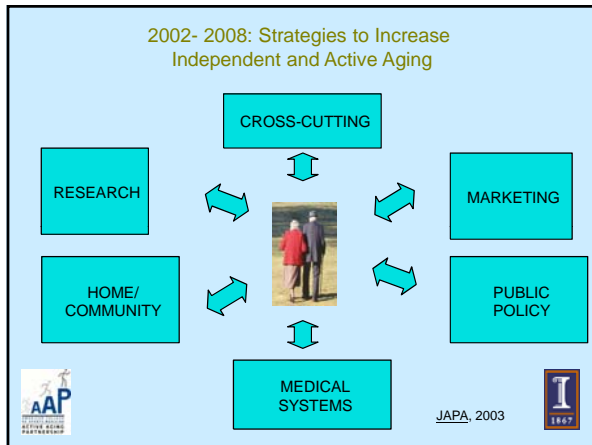
50 National Organizations including...

- The National Institute on Aging
- Centers for Disease Control and Prevention
- AARP
- National Council on Aging
- American College of Sports Medicine
- American Geriatrics Society
- Administration on Aging



JAPA, 2007





## Strategies – Home and Community

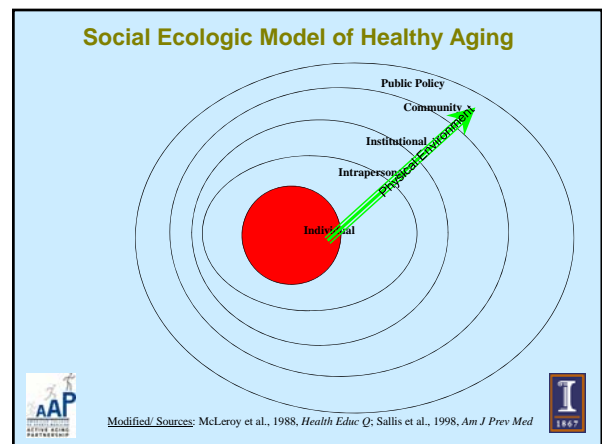


Creating Communities for Active Aging

- Identify community resources (ACSM)
- Encourage non-traditional and lifestyle physical activity opportunities (NBO)
- Identify models of best practice (NCOA)

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New Active Green Environments

**New AGE**  
(New Active Green Environments)

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New Active Green Environments

**New AGE Vision**

- Imagine a sanctuary filled with green walkways, flower gardens, exotic plants, bird feeders, waterfalls, lawns, and patios.
- As visitors enjoy the greenery, they stoop down to feed the wildlife, follow where the path leads, and take advantage of the dozens of different physical activity opportunities.

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**New AGE**

The New AGE garden is an exercise facility design to aid in the physical well-being of the population 65 and older. The main focus of the facility is the circular walking paths that everyone can benefit from combined with health activities designed to increase cardiovascular strength, flexibility and endurance.

The water pump and the fish food machine increase strength and dexterity.

The gong and sound area increases strength and has the added benefit of sound.

The interactive setting can be used for strength training and as a family message board.

The Three Beach is designed to enhance flexibility.

The information section is used for strength training and as a family message board.

Some of the paths will be inclined to increase cardiovascular and games like ping-pong and foosball can be played in the grass.

The paths will be treated to some areas to increase the uses.

The Hopping Plant station will increase strength flexibility and also has peas that can be used for something pretty to look at.

The AAP (Active Aging Project) logo is present.

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**EXPERT MEETING**

**Gretchen Brown**, Administrator, Windsor of Savoy  
**Uriel Cohen**, Architecture & Urban Planning, UW-M  
**Loretta Dipietro**, Public Health, Yale University  
**Carl Hoppman**, Illinois Turfgrass Foundation  
**Frances Kuo**, Natural Resources and Environmental Sciences, UIUC  
**Roseann Lyle**, Health and Kinesiology, Purdue University  
**Marcy McDonald**, Resident Services, Windsor of Savoy  
**Robin Moore**, Landscape Architecture, North Carolina State University  
**James R. Morrow**, Kinesiology, University of North Texas  
**Chae Hee Park**, Kinesiology, UIUC  
**Laura Payne**, Leisure Studies, UIUC  
**Dianne Pedersen**, Agriculture, UIUC  
**John Pendleton**, Resident, Windsor of Savoy  
**Cory Rolfe**, Landscape Architect, UIUC  
**Gene Rothert**, Chicago Botanic Gardens  
**Lisa Sheppard**, New AGE Project Coordinator, UIUC  
**Martha M. Tyson**, Design Consultant, Baileys Harbor, WI  
**Brent Wadsworth**, Wadsworth Company, Palatine, IL  
**Paul Yambert**, Resident, Windsor of Savoy

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### CROSS CUTTING RECOMMENDATIONS




- Feasible And Timely
- Target Population
- Possible Location
- Accessible
- Fees And Costs

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### PHYSICAL ACTIVITY RECOMMENDATIONS



- Diverse Activity Options
- Passive and Active Choices
- Stealth Exercise
- Maintenance Activities
- Group AND Individual
- Special Populations
- Evaluation

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### Plant Center



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### Waterpump



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### Thera Bench



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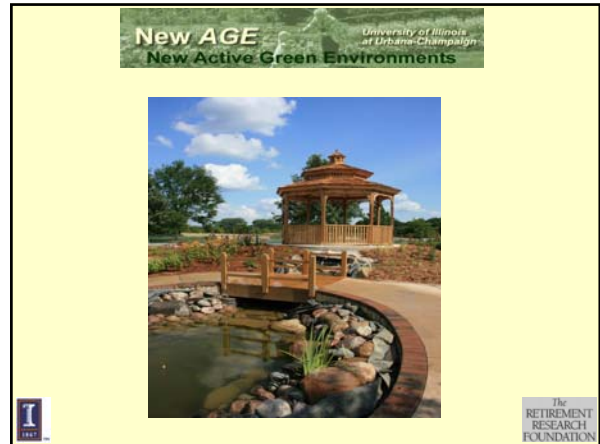
Clark Lindsey

Green space south of facility





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at Urbana-Champaign

**Programming Possibilities**

- Tai Chi
- Chair or low-impact aerobics
- Concerts
- Dances
- Club meetings, book groups, prayer circles
- Chess tournaments
- Traditional lawn sports as well as lighter games

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### Methods- Participants

- *Clark-Lindsey Village* - private retirement community at Urbana, Illinois.
- *Champaign County Nursing Home* - public facility that offers services and housing at Urbana, Illinois.
- *Inman Plaza Retirement Community* - private retirement community at Champaign, Illinois.

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