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Comments: Through my various travels over the years I've enjoyed outdoor workout spaces along trails, paths, and hiking. There are periodic workout stations spread apart with signs giving recommendations on what exercises can be done with the equipment at each station. The equipment is made out of materials meant for the outdoor elements. I'm not talking about complication equipment but for example a set of steel bars at various heights where someone could lean against to do elevated push ups, sit on to do tricep dips, hang from to do pull ups, etc. From my man laps walking/running around Ward Lake on the trail over the years, I've incorporated some of these exercises on various logs, picnic benches, etc. but have always thought it would be a great place to have 3-4 stations spread out along the trail. I've even gone as far to scope out possible locations that are off to the side of the trail and I think it would be a great addition to the site. It does not have to be fancy or complicated, but would add value to an existing area while promoting more outdoor healthy activities.

Ward Lake is an excellent multi-use area that attracts all ages and what a great addition that could be done fairly easily and inexpensively to foster healthy outdoor activities. Even in the rain, it is a great place to walk/run as it's fairly protected by the trees, and therefore so would be these designated areas without disrupting the environment. It's also the one area that remains accessible (mostly) in the winter in Ketchikan. With heart disease, obesity, and preventive deadly conditions on the rise in the United States, I can't think of a more proactive way to provide ways for people to enjoy and thrive in the outdoors.