

AARP DC FITLOT INITIATIVE

AARP DC State Office



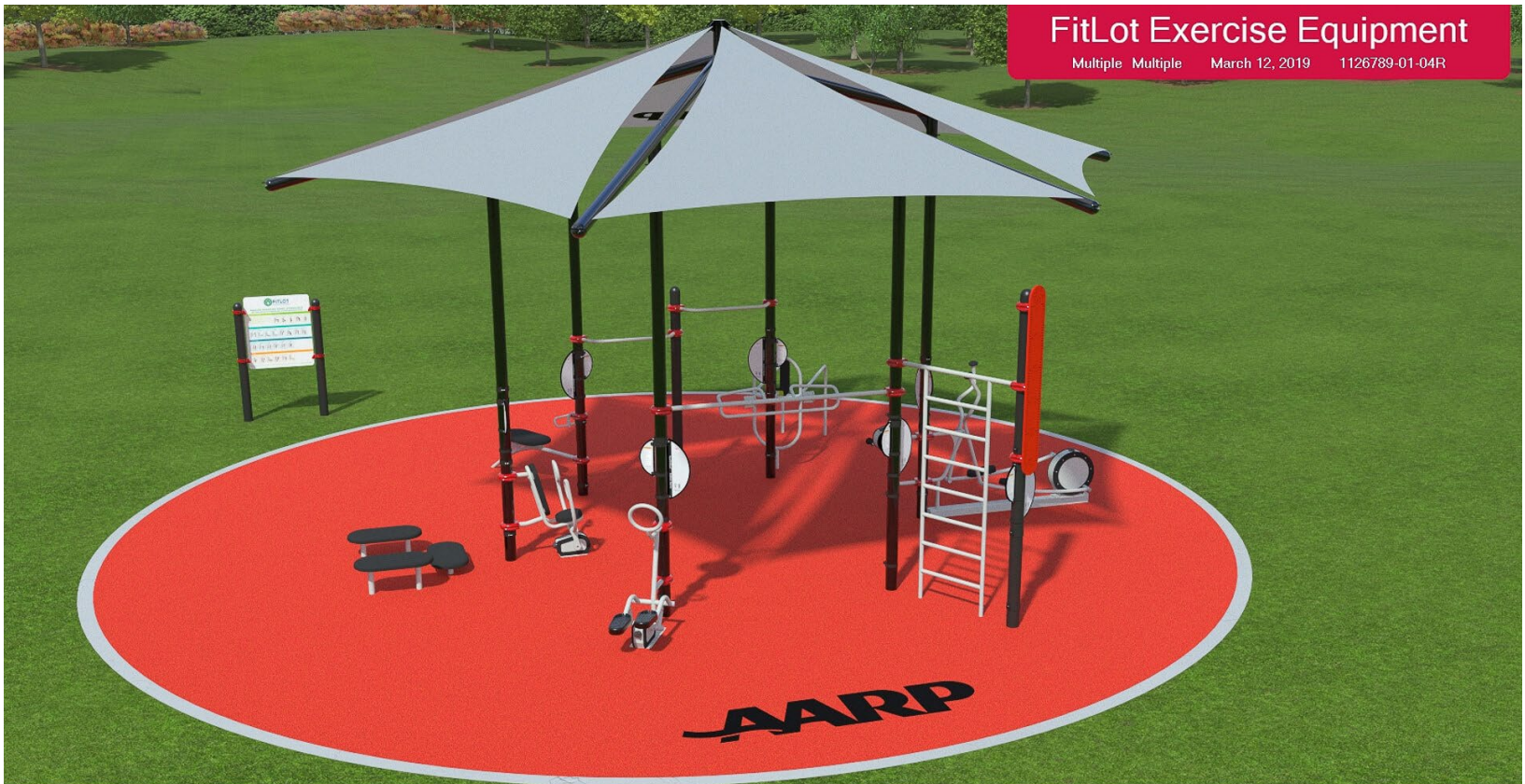
AARP®
District of Columbia

Role of State Office:

The AARP DC State Office engages AARP members and non-members age 50+ LOCALLY in all eight wards. We regularly engage in community outreach events to promote fraud awareness, caregiver resources, the 2020 Census, and voter engagement. Additionally, DC State Office is heavily engaged in advocating for a fair budget, and policies that support older adults. Through our work, we help seniors live their best lives.

What is a FitLot?

The FitLot design is a purposeful combination of equipment elements that provides a fully functional community fitness space.



AARP's FitLot Initiative

To celebrate our 60th Anniversary, AARP wanted to give back to the communities we serve by making a gift that would reflect our values and improve the quality of life for the approximate 38 million AARP members living in the U.S.

In 2019, AARP sponsored FitLot to plan, build, and program one outdoor fitness park in every state as well as the District of Columbia, the U.S. Virgin Islands, and Puerto Rico, for a total of 53 parks over three years!

<https://vimeo.com/428225913>

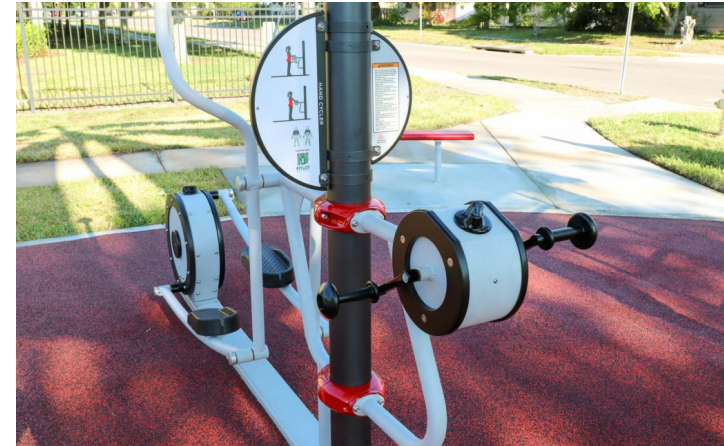
Park Features:

Each outdoor fitness park will be located in an existing park and will feature FitLot™ exercise equipment. FitLot has developed a site selection criteria to help local Parks and Rec Departments evaluate the most impactful locations to create outdoor fitness spaces in.

Our favorite part of this project is that each fitness park donation comes with a 3 year program grant to support the community's ability to provide 54 instructor-led, no cost fitness classes each year for all ages and abilities.

Amenities:

- Welcome Sign
- Safety Rubber Surface
- Movable Elements (for Strength and Cardio Training)
- Adjustable Resistance
- Option to Attach Resistance Bands
- Instructional Videos
- Each piece of equipment has an instructional sign with QR Code



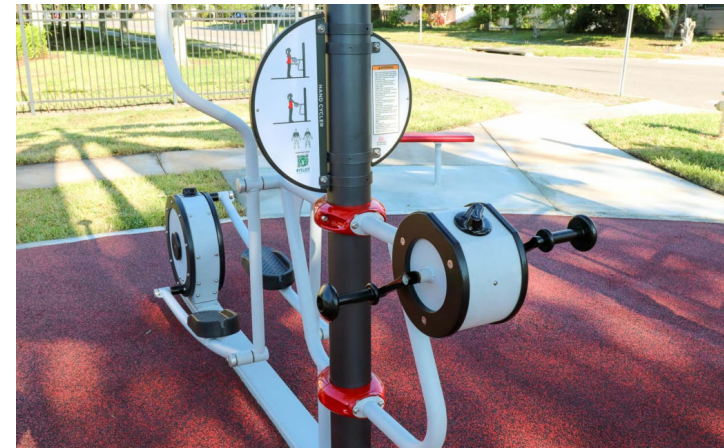
Additional Park Facts:

Fitlot Square Footage: Approximately 1,400 sq ft.

Construction Start Date/Deadline: May/June 2021

Location in Lamond Park: DPR indicated their preference to put in near the concrete area (Tennis/Handball Court)

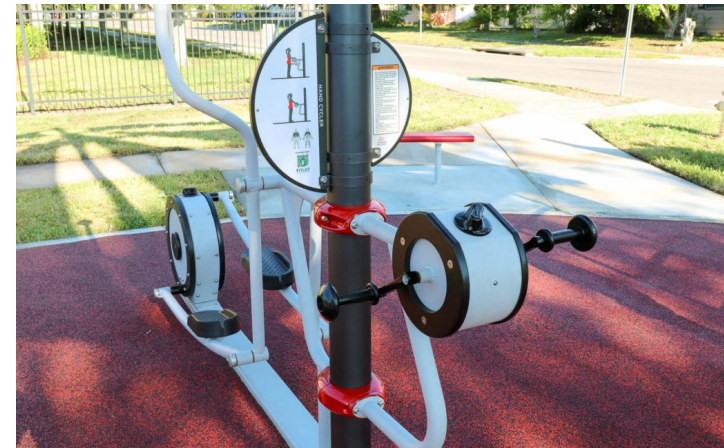
Funding Source for Programs: AARP will provide a grant through FitLot for 54 instructor-led courses for a year, renewable twice.



Program Agreement with DPR:

As proposed, construction will be completed by a local installer and handled through DPR. The programming will be handled by a local trainer of DPR's choosing, registration and check-in will be done through Fitlot's registration portal.

Contract is 18 months with two 12 month renewals thereafter (up to 42 months total). AARP DC will advocate for continued DPR funding post project period.





Hagerstown, MD

AARP[®]
District of Columbia

Newport, RI



Progress:

2019 Openings

St. Petersburg, FL
Manchester, NH
Newport, RI
Bangor, ME
Buffalo, NY
Cincinnati, OH
Rapid City, SD
Springfield, IL
Wilmington, DE
Jackson, MS
Hagerstown, MD
New Orleans, LA
Mobile, AL
Phoenix, AZ
San Antonio, TX

2020 Openings

Chattanooga, TN
Winston-Salem, NC
Louisville, KY
Philadelphia, PA
Topeka, KS
Newington, CT
Atlanta, GA
Fort Wayne, IN
Lansing, MI
Lincoln, NE
Bismarck, ND
Worcester, MA
Renton, WA
Anchorage, AK
Cedar Rapids, IA
Burlington, VT
Cheyenne, WY
Little Rock, AR
Honolulu, HI
Las Vegas, NV
St. Croix, USVI

2021 Openings

(In progress)

Washington, DC
California
Oregon
Utah
Puerto Rico
Idaho
Montana
New Mexico
Oklahoma
Colorado
Missouri
New Jersey
Virginia
West Virginia
South Carolina
Wisconsin
Minnesota



**Let's discuss how we can make
this project a success here in the
District of Columbia!**

What's Next?

Contact Information?

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