

## Medical experts draw positive conclusions

### Initial findings from the Hesse-based pilot project about the playfit® fitness trail

As part of Hesse's sustainability strategy "Live healthily – stay healthy" the federal state's regional government is currently conducting an academic study about the playfit® fitness trail. The study is being carried out in collaboration with the three universities *JWG Universität Frankfurt*, *Hochschule Darmstadt* and *Hochschule RheinMain* and also with the *Landessportbund Hessen e.V.* [Hesse Regional Sport Federation]. The results of this study will set the tone for the future construction and use of additional activity trails in Hesse and Germany as a whole.



#### PRACTICAL TESTING

58 test subjects aged between 65 and 91 volunteered to test the equipment on the playfit® fitness trail in the Hanau *Schloßgarten* [palace garden] over the course of three months. With professional guidance from a PE teacher, the senior citizens met three times a week for a group practice session where they carried out light strength training and coordination and relaxation exercises with a massaging effect.

#### INITIAL FINDINGS

80 – 90 % of the participants stated that they felt better and healthier after the test phase. "With some of the test subjects we found up to a 40 percent increase in strength", says Prof. Lutz Vogt from the University of Frankfurt.

There are also positive social effects on older people: "The fitness trail in the *Schloßgarten* is not just a place for exercise but has also become a place for participants to meet friends", according to Vogt. "People will only go and do sport regularly if they actually enjoy it".

Prof. Dr. Beck from the *Hochschule Darmstadt* emphasises the sociable aspect, which is not to be underestimated: "today it's no longer the village pump that's the meeting place, it's the fitness trail".



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