

Hing Hay Fitness Area

Engagement Data

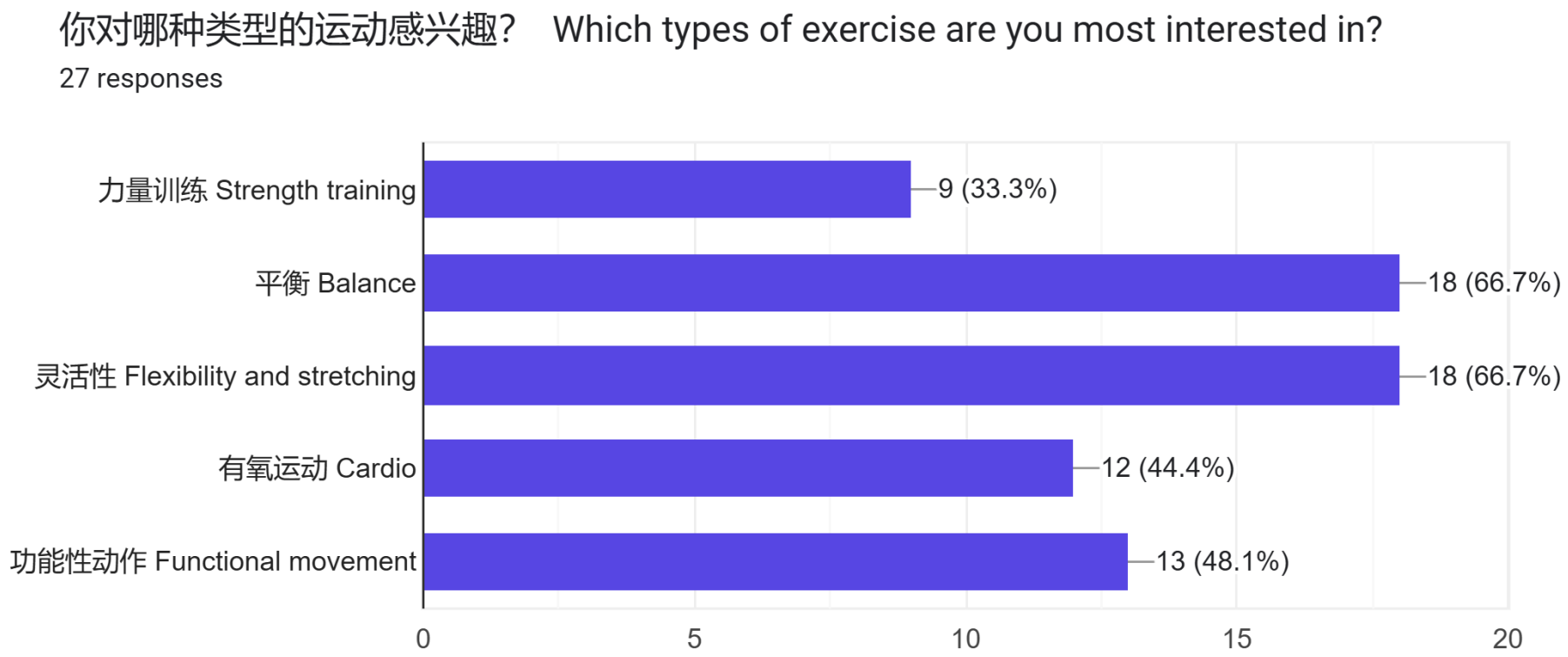
November 2026

Seattle Parks & Recreation

Preferred Equipment

Equipment	Notes
Cardio walker	Most preferred overall. Cardio walker's pros: Zero impact, cardio, lower body conditioning, core stability
Recumbent bike	Tied for 2nd overall (with the elliptical and leg press) but is preferred by CID seniors.
Lat pull	Lat pull's pros: 2nd @ CID night market, most preferred upper body exercise.
Balance Station	3rd @ CID night market Balance station's pros: Communal arrangement, balance and flexibility is most important exercise for seniors, offers a variety of movement.

Outreach to CID seniors – types of exercise

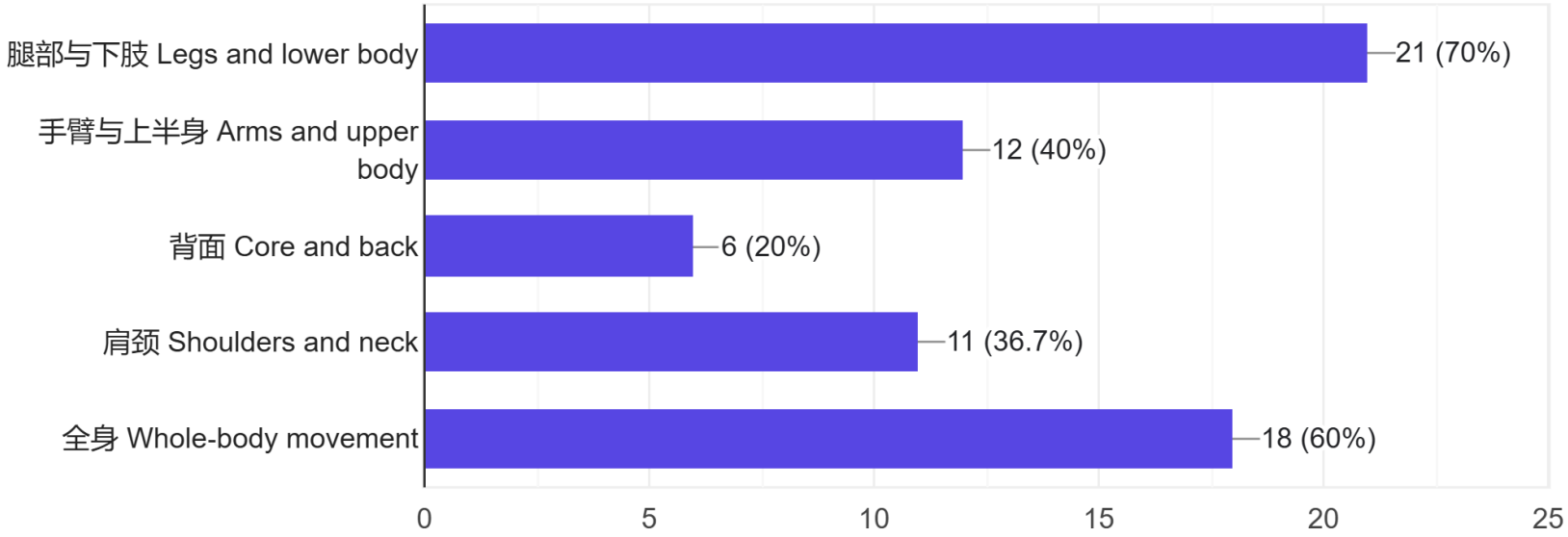


Seattle Parks & Recreation

Outreach to CID seniors – parts of body

老年人最应该锻炼身体的哪些部位？ Which parts of the body are most important for seniors to exercise?

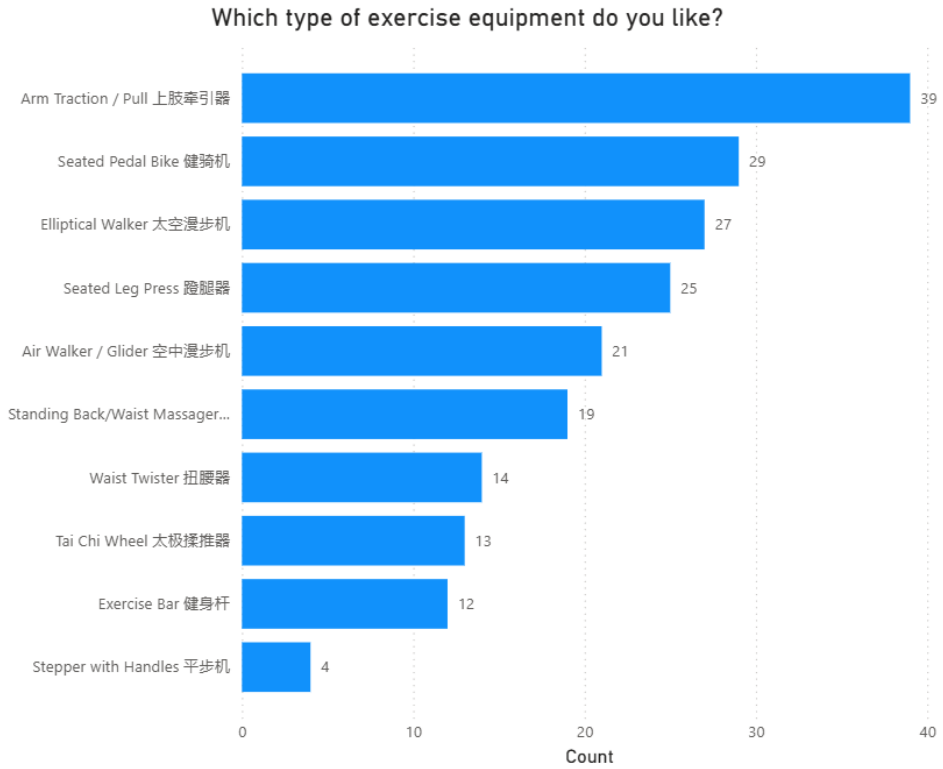
30 responses

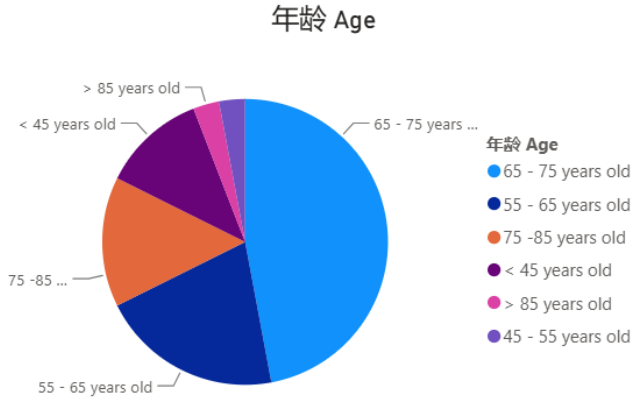


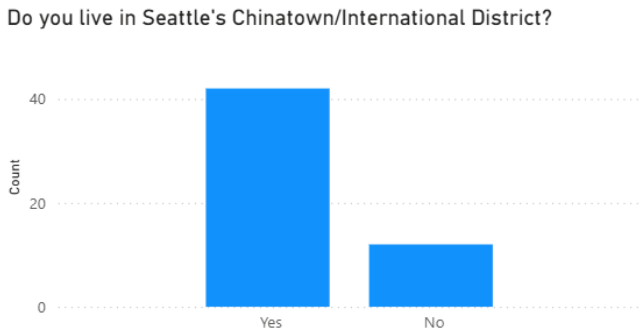
Seattle Parks & Recreation

Outreach to CID seniors – equipment

69
Total Respondents

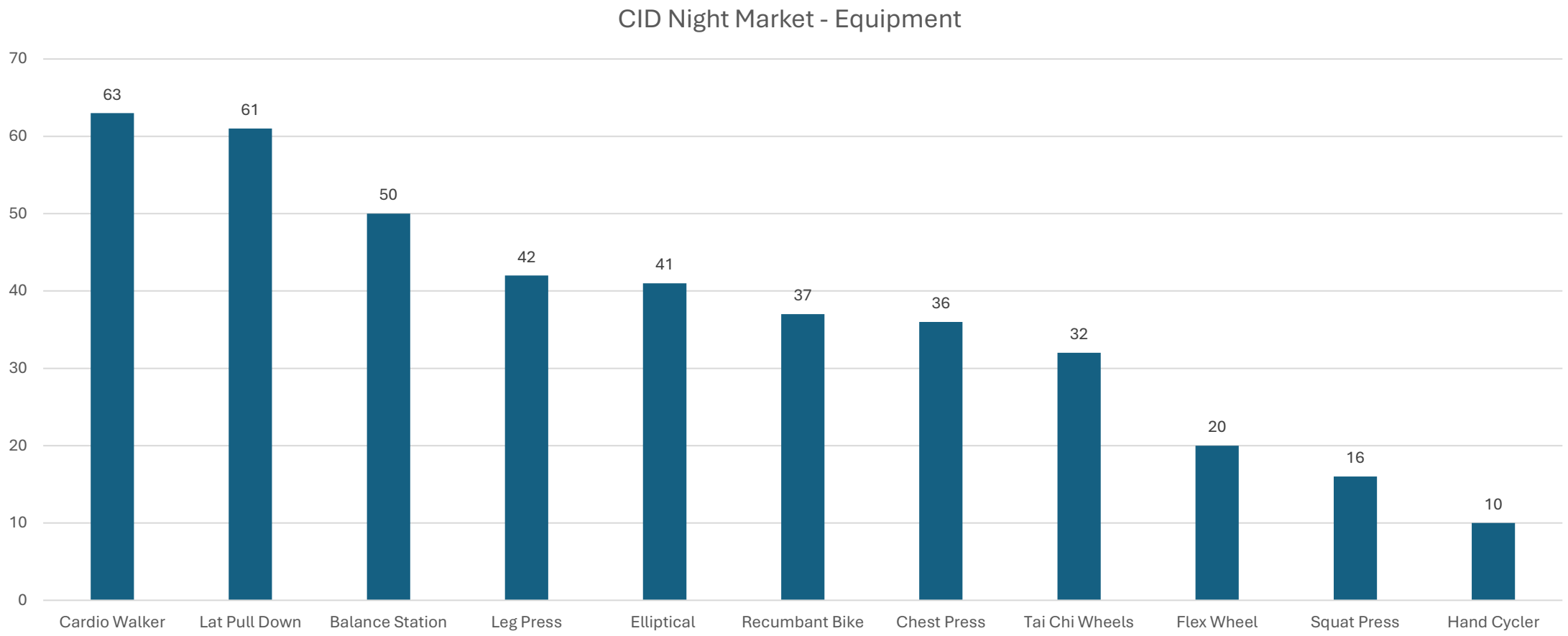






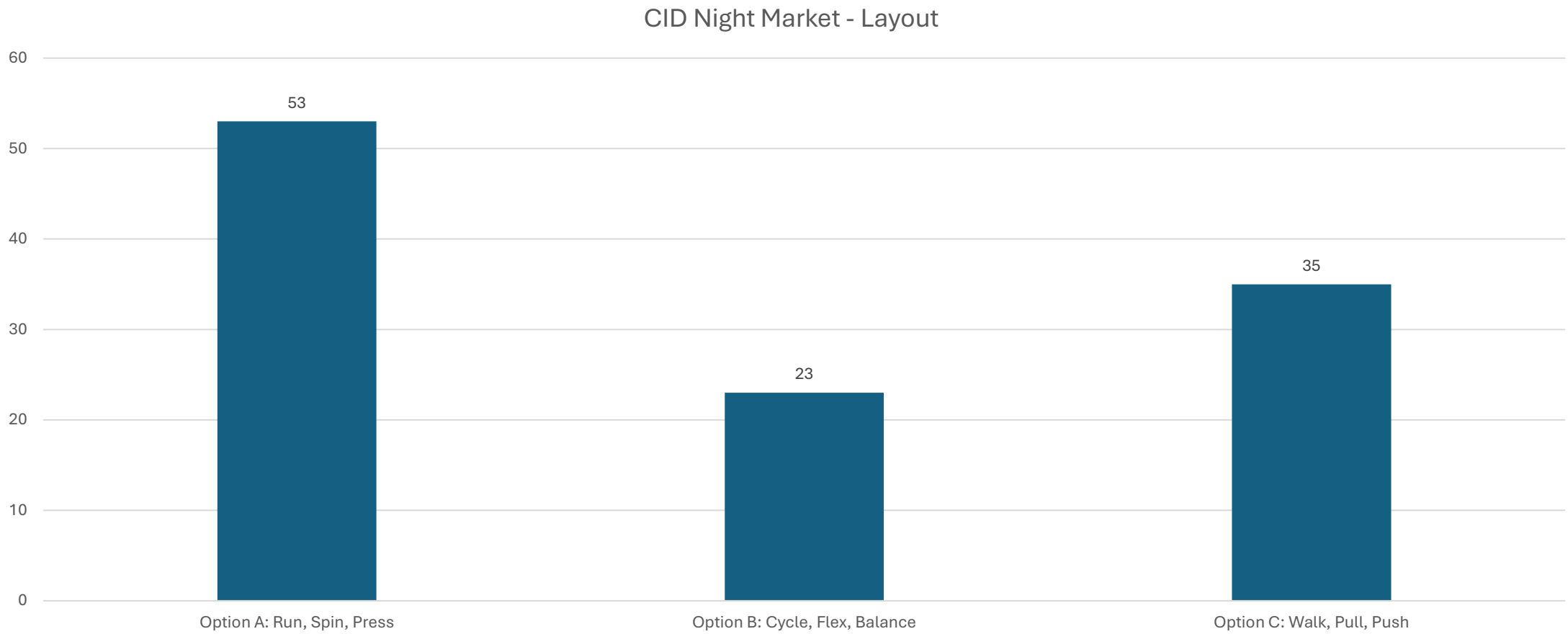
Seattle Parks & Recreation

CID Night Market Results- Equipment



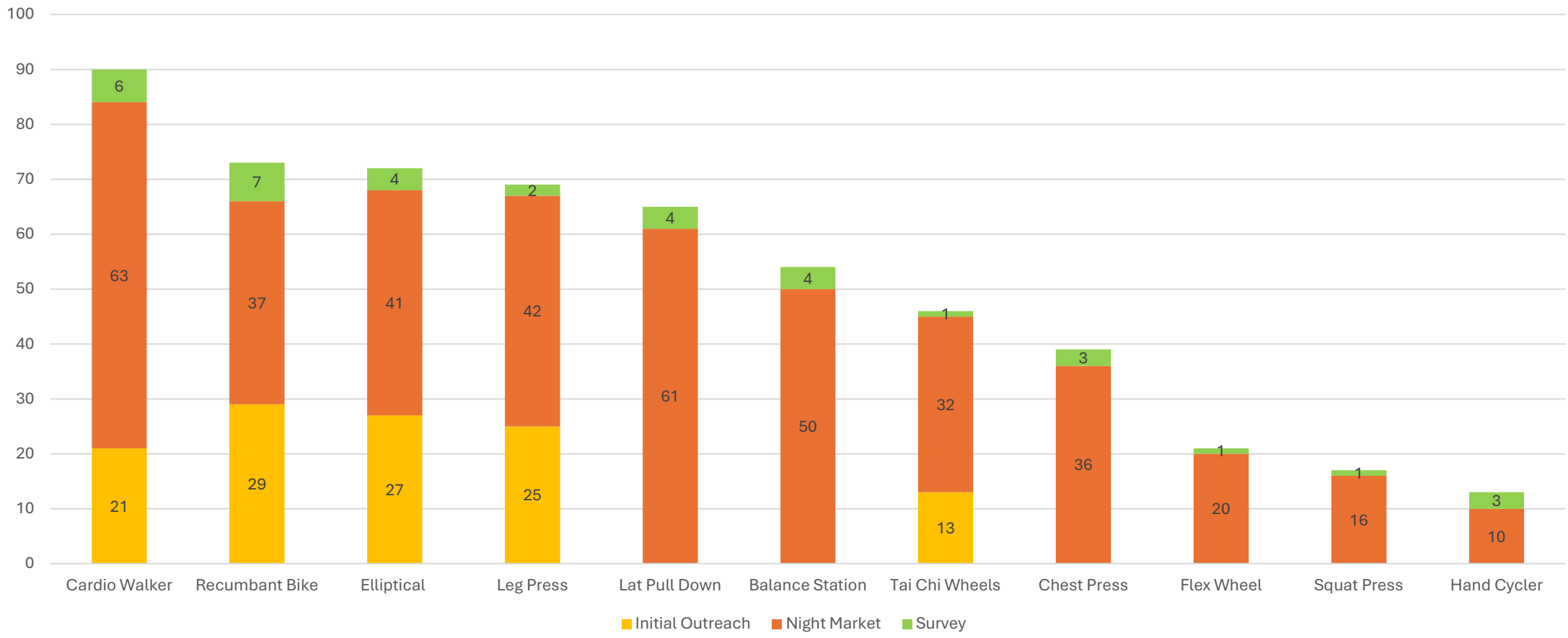
Seattle Parks & Recreation

CID Night Market - Layout



Seattle Parks & Recreation

All results - Equipment



Seattle Parks & Recreation

Thank you!

