



Friday, June 30, 2017

City of Port St. Lucie
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FOR IMMEDIATE RELEASE

The City of Port St. Lucie offers new outdoor workout options at two “fitness stations”

PORT ST. LUCIE – Residents now have a new way to enjoy the outdoors while improving their health and fitness on equipment that was installed this week at two locations in the City.

These new “fitness stations” offer durable, weather-resistant outdoor exercise equipment, including pull up bars, sit up bars, chest press, stationary bike, rowing machine, and skiers. The stations do not have free weights or equipment that can be removed. Both include equipment in compliance with the Americans with Disabilities Act.

One station is now open at Jessica Clinton Park, which is on the west side of Southbend Boulevard. The other is now open near the lake on the southeast corner of Crosstown Parkway and Bayshore Boulevard. They are free to use and accessible 24 hours a day.

This project was made possible because of a 50 percent matching grant the City received to help pay for the equipment, money the City receives when residents recycle and with funding from the Parks & Recreation Department. It was a collaborative effort of Port St. Lucie’s Capital Improvement Project Team, the Neighborhood Services and Parks & Recreation Departments.

Residents are encouraged to bring a friend when visiting the stations – about 10 people can exercise at the same time, and they are situated in a way to promote social interactions. The stations also were placed near sidewalks or jogging paths to help enhance residents’ exercise options.



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The City of Port St. Lucie is proud to be a hometown where people live, learn, work and play, and celebrate all of life's opportunities. With over 179,000 residents, Port St. Lucie is Florida's eighth largest city by population (South Florida's 3rd largest city). The City occupies an area of 120 square miles in St. Lucie County on Florida's east coast, about 50 miles north of West Palm Beach, half way between Miami and Orlando. The City provides most traditional municipal services including law enforcement, water and sewer, and public works. For more information, please visit: www.cityofpsl.com

