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THE JECH GALLERY

Changing public spaces for getting physical activity

The importance of physical activity as a means of health promotion has been the subject of recent guidance.¹ Access to recreational facilities has been discussed in health inequalities research² and policy.³

A welcome outcome is to see this filter through to practice, particularly to a range of opportunities for physical activity that are inclusive of all age groups (fig 1). While seeking consent for the photographs from these citizens, one cyclist, simultaneously cycling and smoking, elected not to be photographed.

Modifying public recreational spaces embeds greater choice and opportunity for people of all ages to enjoy physical activity. People are spared the financial burden of purchasing exercise equipment and safety accessories. Installation of simple equipment becomes an invitation to engage in exercising within the scope of people's ability, as well as predisposing people to the additional benefits that socialisation brings.

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Figure 1 Changing public spaces

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