



*Imagine that!*

# Media Release

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**FOR IMMEDIATE RELEASE: July 22, 2020**

## **Stratford Adds Full Body Exercises to Some Town Benches**

Adding a little more to your daily walk or run in one stretch of Stratford just got a little easier. Over the past week, the Town of Stratford have added 18 full body exercises to nine benches along a popular stretch of trail in the Town.

“This area was selected because of its ease of accessibility and high volume of active transportation users,” said Councillor Steve Gallant, Chair of Recreation, Culture and Events. “Residents can choose to park at Stratford Town Centre and continue along the path completing as many of the exercises as they wish. It’s also an area that has a range of ages, from kids out with their parents to seniors, and everyone in between, using the trail regularly.”

The nine benches each have two workouts on signs mounted next to the benches. The workouts are simple to follow using stick figures to demonstrate the positioning. Workouts require no equipment (the bench is already there), have no cost and are available to everyone, regardless of your fitness level and ability.

“These workouts are great,” added Gallant, “because they are something every fitness ability can do. For someone who is not comfortable doing it on the side of the street, simply snap a photo and find a more secluded bench, or do the exercise from home using a chair or even the wall. They are just about providing residents the opportunity to have fitness options and making fitness friendly for all.”

The workouts and images were selected in consultation with Allison St. Pierre from Reactive Wellness in Stratford. With her background as a fitness instructor, her osteopathic education, and her drive to keep people moving throughout their lives no matter what level they start at, it was a natural fit between the Town and Ms. St. Pierre.

“I am very excited to have these in place and to have been part of this project,” said Ms. St. Pierre.. “I look forward to seeing residents out using these as an addition to, or a starting point, for their fitness. It’s simply about getting yourself moving at whatever level you are able to and moving your body in a variety of ways when you do.”

All workouts are adaptable. For example, increasing or decreasing the angle of your body will increase/decrease the intensity of the workout, increasing/decreasing the number of repetitions of each exercise to your ability, and having the option to do all, some or none of the workouts.

“It’s about giving residents options,” added Gallant. “Residents can adapt and adjust as they walk this stretch of the Town’s trail network. It’s another way for residents to be active, to potentially get the

whole family involved in a workout, and most importantly it's just about being outdoors and moving. Whether that's a walk or whether that's incorporating these workouts, getting yourself moving is the best thing you can do for your physical and mental health. We've certainly seen an increase in the number of residents on our trails since COVID-19 so although this project was already in the works, it's even more timely now."

The nine benches run along Shakespeare Drive (5 total), one at Stratford Town Centre, two located at the benches at the "Y" in the trail just off of Shakespeare and Heron Drives, and one on the trail near Glen Stewart Drive and Reactive Wellness.

The Town of Stratford would like residents to provide feedback about these new bench workouts as they begin to use them. Feedback can be provided to [info@townofstratford.ca](mailto:info@townofstratford.ca) or (902) 569-6924.

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