



Date: November 19, 2015
To: Patrick H. West, City Manager *[Signature]*
From: Stephen P. Scott, Acting Director of Parks, Recreation, and Marine *[Signature]*
For: Mayor and Members of the City Council
Subject: Ribbon Cutting Ceremony for the Houghton Park Fitness Zone

Mayor Robert Garcia, Councilmember Rex Richardson and the Departments of Parks, Recreation, and Marine, Public Works, and Health and Human Services, invite you and your staff to the ribbon cutting ceremony for the Houghton Park Fitness Zone. The festivities will take place on Tuesday, November 24, 2015, at 9:00 am, at Houghton Park, located at 6301 Myrtle Avenue.

The Fitness Zone was identified in the Houghton Park Conceptual Plan and is the first project to be implemented. The Zone's nine exercise stations include a four-person pendulum "Abs and Dips" station, a lower body combo machine, a four-person leg press, a three-person cross country ski machine, and a three-person static combo machine for sit-ups and pull ups. A vertical press, lateral pull down machine, chest press, and upper body combo machine are accessible for persons with mobility issues.

The funding for the Houghton Park Fitness Zone is supported by the Department of Health and Human Services' Healthy Eating Active Living (HEAL) Zone grant from Kaiser Permanente to promote the public's health in targeted areas of North Long Beach, specifically in the 9th District.

For more information regarding the event, please call Gladys Kaiser, Manager, Community Recreation Services Bureau at (562) 570-3150.

SPS:GK

Attachment

Cc: Charles Parkin, City Attorney
Laura Doud, City Auditor
Tom Modica, Assistant City Manager
Arturo Sanchez, Deputy City Manager
Ara Maloyan, Director, Public Works
Kelly Colopy, Director, Health and Human Services
Jyl Marden, Assistant to the City Manager
Department Heads

Mayor Robert Garcia, Councilmember Rex Richardson and the
Departments of Parks, Recreation and Marine, Health
and Human Services, and Public Works invite you to attend the

GRAND OPENING OF THE FITNESS ZONE

at Houghton Park

6301 Myrtle Avenue

Tuesday,
November 24, 2015
at 9 a.m.

For additional information
please call (562) 570-3150.

