Fitness comes to Blanchardstown as public calisthenics area is installed in Millennium Park

A public calisthenics area has been installed by Fingal County Council in Millennium Park in Blanchardstown, after a suggestion by two Fingal residents.

The area was launched on Thursday 22 November with Anel Kvgic and Dylan Brady, the originators of the idea, in attendance.

Mr Kvgic and Mr Brady initially approached the council with the idea of creating the area to promote fitness and health in the community.

The Council was happy to engage with the residents to implement what promises to be a practical and positive addition to the park.

Calisthenics is a form of weight training using the person’s own bodyweight. It has been noted for improving muscle tone, strength, flexibility, agility, balance and coordination. It is a form of exercise that is growing in popularity, especially among young adults.
The newly built area complements the current outdoor equipment available in the park, and demonstrates the Council’s commitment to taking on board the ideas and views of residents to improve Fingal in tangible ways.

Director of Services in the Operations Department, David Storey said: “We are pleased to launch the new public calisthenics area in Millennium Park. It is another example of how the Department is open to suggestions and ideas to improve our residents’ daily lives.”

ENDS

Photo Caption: L to R: Anel Kvrgic, Cllr Natalie Treacy, Cllr Caul Donnelly, Dylan Brady, Cllr Tania Doyle.