



A Public Agency

Beach Cities
Health District

Healthy Living Campus Project Center for Health & Fitness

Center for Health & Fitness Mission Statement

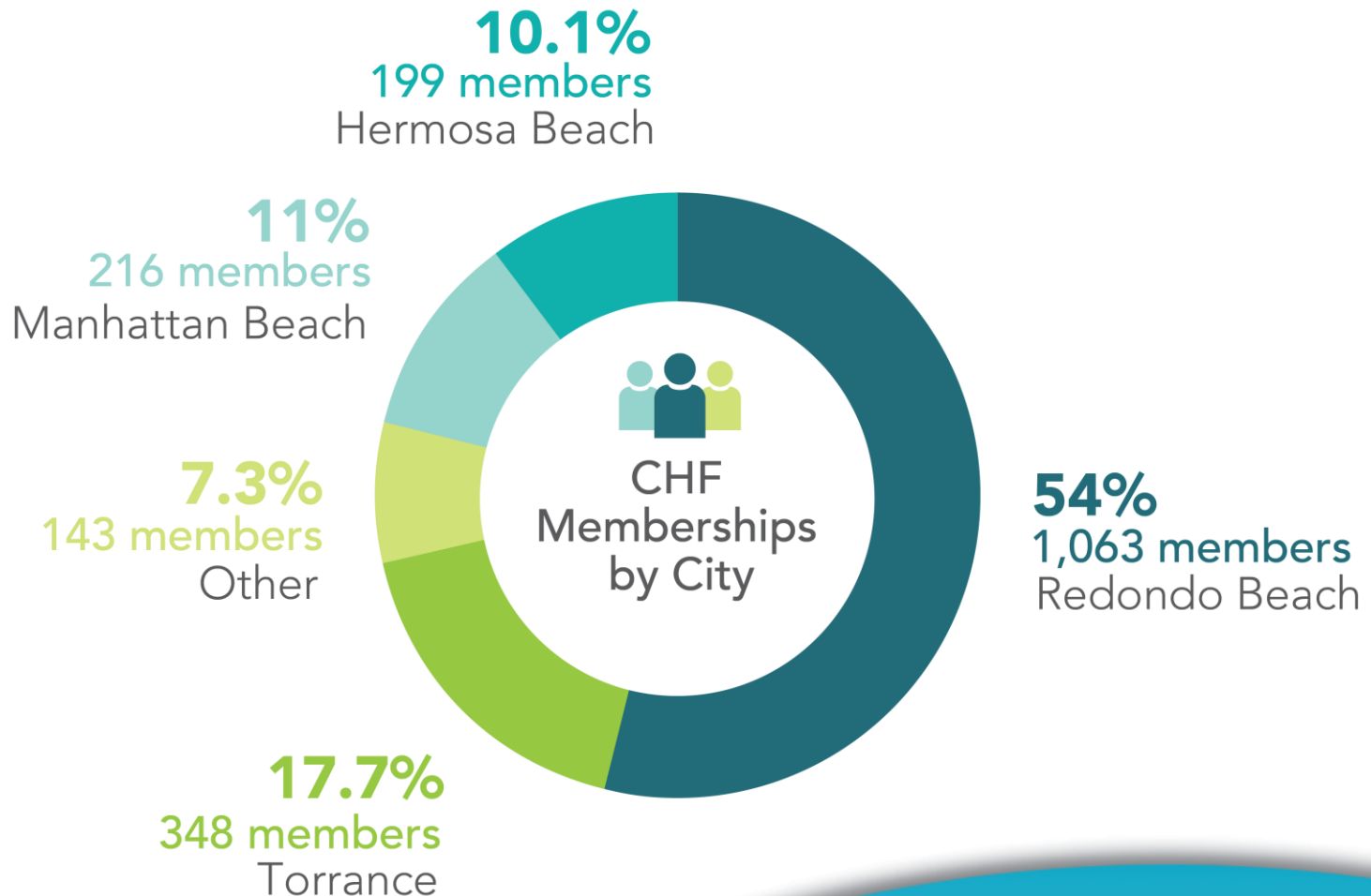
To continually improve the health status of the community through programs and services that promote healthy living and active aging through an integrated continuum of care.

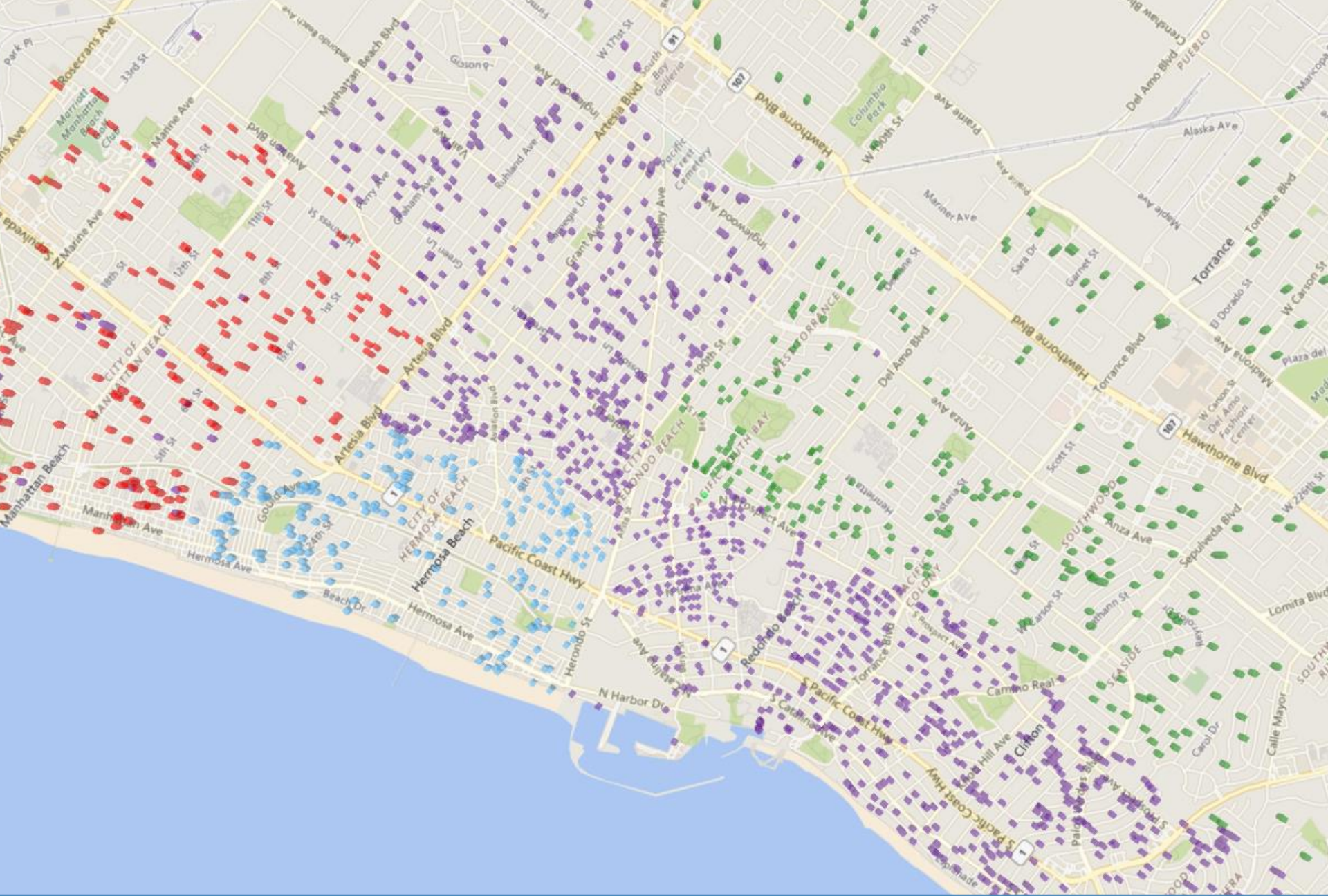
Center for Health & Fitness Fast Facts

- Median Age: 66
- 1,969 Members
 - 1,180 (59.5%)
Basic Members
 - 727 (36.6%)
Silver Sneakers
and Silver and Fit
Members



CHF Memberships by City





CHF membership by home address

Programs and Services



CHF Guiding Principles

- Maintain community atmosphere
- Opportunities for social interaction
- Inclusive and friendly environment
- Safe and clean facility
- Older adult programming focus
- Built and operated to Medical Fitness

Association® standards

Proposed Location of New CHF Facility

Existing vacant lot at corner of Beryl and Flagler



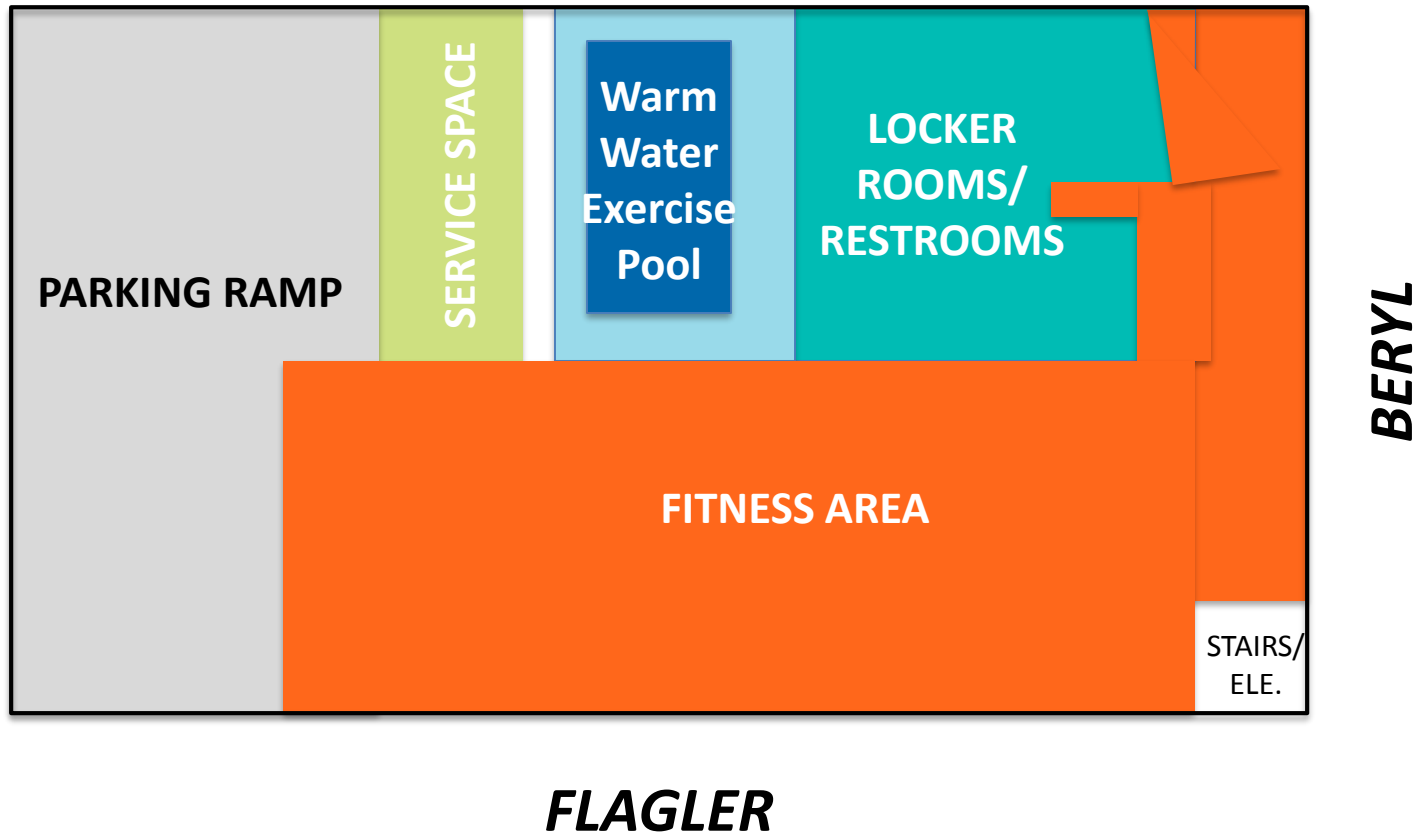
Proposed CHF Relocation Benefits

- Addresses campus parking, traffic and safety concerns
- Consolidates CHF-only visitors to one side of campus
- Provides close parking for the facility
- Diverts some traffic flow from Prospect Avenue entrance
- Allows for consideration of community desire for a pool

About Medical Fitness Association® Standards

- CHF would be the 1st medically certified fitness center in California
- Establishes standards regarding programming and facility
- Current programming meets standards and will be maintained
- Current facility requires some modifications
 - New location allows us to incorporate facility standards into the design

Preliminary Floorplan



**Conceptual design draft. Subject to change. Subject to regulatory agency approvals.*

Facility Improvements

- Warm water exercise pool
- Connected parking
- Outdoor exercise feature
- Second entrance at campus level
- Space is 75% bigger

Warm Water Pool

- Conditions that can benefit from aquatic therapy:
 - Arthritis
 - Arthroscopic surgery recovery
 - Balance disorders
 - Chronic pain
 - Idiopathic joint pain
 - Lower back pain/surgery
 - Osteoarthritis
 - Rheumatoid arthritis
 - Stroke
 - Sprains/strains

Sign-Up for Project Updates

HLInfo@bchd.org

bchd.org/HealthyLivingCampus
(or visit the Comment Station)