

From: [john haven](#)
To: [Council](#)
Subject: Atherton Council Meeting 11/15 - Re: Playground
Date: Wednesday, November 15, 2023 1:20:25 PM

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Good Afternoon,

My name is John Haven. I have been involved in the fitness industry for over 35 years. I've been training residents of Atherton full time since 1997. I currently work with over a dozen seniors that live in your town. They, as well as myself, can attest to the benefits of regular exercise. All told, I've trained hundreds of people of all ages and all walks of life. So, basically, I've seen that everyone's life is better with activity.

If you look at any region in the world, the people that live the longest, healthiest and happiest lives are the people that stay active mentally, physically and socially. That's the common denominator. I see it first hand on a daily basis. Now, not everyone can afford my services, so the more free options available, the better. One such group is seniors. They may not have the space or motivation at home. Also, unfortunately, people become more isolated as they age.

I'm excited to hear about the plans for a new playground. This dedicated space can easily serve both populations (old and young). This is a great opportunity to get more people outside and involved in the community. Thus, improving the quality of life for the greatest number.

Thanks for your time.
Kind regards,
John