often than others); secondly, safety issues should be carefully taken into account, especially appropriate lighting and surveillance by police services, and thirdly, giving consideration to the possibility of hiring an in situ fitness instructor, similar to the initiative of “housing estate coaches” operating in some cities in Poland. They could offer exercise advice to persons with little knowledge about how to exercise properly, how to make plans for health-enhancing physical activity, etc., which would make the use of FRZ more rational.

**Conclusion**

In conclusion, this study revealed that Family Recreation Zones can be a valuable initiative on the map of environmental recreation facilities in urbanized areas. In particular, they can be a valuable factor initiating and facilitating physical activity among adults and seniors. However, if the hopes set on such places are to be fulfilled, they should be safe, well maintained and well managed.

Some limitations of the study should also be mentioned. First of all, the study was conducted in the springtime and the time of observations only lasted 6 hours a day. As a result, the number of people visiting Family Recreation Zones was limited and their perceptions about these areas could be biased. However, the authors believe that the information obtained may be valuable to people and institutions deciding where and how to structure outdoor recreation facilities.

**References**


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