



ACTIVism starts YOUNG

Specialists In Outdoor Play
And Fitness Equipment



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**MADE IN
BRITAIN**

INTRODUCTION

Play Fitness specialises in providing communities with safe and affordable access to quality outdoor fitness equipment.

Our strap line is **ACTIVism starts YOUNG**. The word activism is used because we believe that only social movement will overcome the current problem we have with many living an inactive lifestyle and the rise in obesity, in children and adults. One which ourselves, parents, teachers, health authorities and politicians all need to be involved in.

Active and Young is highlighted because this is where Play Fitness' passion lies, we want to provide communities throughout the world with products that make being active fun from an early age, throughout adulthood.

We want to encourage the population to engage in fitness both on the outside and on the inside, by providing communities with the means to encourage and motivate one another to enhance their lifestyles and break down the barriers that can restrict some from participating in physical activity.

We have developed a range of innovative fitness systems that combine fun with a powerful cardio-vascular workout to produce an environment which is both stimulating and physically challenging. Our range of equipment employs the body mass for resistance and can be enjoyed by all ages and abilities.

Play Fitness' activity systems provide:

- » A high-quality environment which will leave people feeling inspired and valued
- » Opportunities for play and recreation which will stimulate growth and fitness
- » A vehicle to enhance community wellbeing and social interaction
- » Prevention measures to combat the risk of obesity and related illnesses
- » A mechanism to support the governments healthy living initiative

Our fitness equipment is perfect for private, commercial and educational establishments.

We are based in South Shields, Tyne and Wear. Play Fitness began in 2007 as we recognised there was an obesity problem locally, nationally and globally. We identified that a change in lifestyle habits had to be made to combat the problem.

The North East has one of the highest prevalence's of both child and adult obesity. We began to work closely with educational establishments and the local government to try and find a solution to this growing problem.

We found that in the educational sector they were looking for a platform for the children to exercise regularly with no permanent set up; this was due to the lack of space in most schools. We wanted to create a fun, safe, accessible and affordable exercising environment.

Our first range; the Outdoor Gym evolved as obesity was and still is a serious challenge that people need to work on to overcome. Obesity is one of the most serious public health issues to challenge the 21st century. Figures show that this problem begins from childhood and is mainly due to the lack of exercise and a healthy diet. Overweight children are more likely to become obese adults, which can lead to serious health issues including diabetes and cardiovascular diseases.

In 2010 we installed our first Outdoor Gym in a primary school in the North East. Since then we have brought out new innovative product ranges and have expanded working nationally to provide multigenerational exercise areas all over the country. This has enabled us to provide communities with the means to encourage and motivate people, to enhance their lifestyles and break down the barriers that restrict some from participating in physical activity.

Play Fitness will provide the environment so that communities can achieve physical fitness.

- » Bringing communities together
- » Adding fun in to exercise
- » Looking after our health
- » Taking care of our bodies
- » Compliant to standard



CHILDREN'S FITNESS POND PACK

The Pond Pack has been specifically designed to promote an active lifestyle through play and to help develop children's personal and social development.

Children will experience the use of a gym and naturally develop physical and gross motor skills, such as balance, upper/lower body coordination and reactions whilst enjoying all the Pond Pack features.

The Pond Pack offers a fun, engaging and interactive zone for playgrounds promoting fitness and active play.

Full product range
on page 37-38



AGE 3+

Play Fitness has developed a collection of low level adventure trail products for Infants. They create a fun way to introduce exercise in to any area. Each piece can be placed together creating a fun obstacle course which helps to improve balance and coordination.

Developed with safety in mind all the tread surfaces have slip resistant materials, they are manufactured using high quality HDPE and recycled plastic components. This makes them extremely safe compared to wooden ones that can rot, crack or cause splinters.

The fun trail consists of 8 individual items that can be customised to suit your individual needs.

TRIM TRAIL CHILDREN'S FITNESS

Full product range on page 39-40







Tangle

Turbo Racer

Run on the spot

Stand with your legs together.
Run on the spot as fast as you can.
Count 30 - 30 times and stop here.
Repeat the exercise 2 - 3 times.



We have developed a range of innovative fitness systems for infant children aged 3-7, that combine fun with a cardio-vascular workout to produce an environment which is both stimulating and physically challenging.

Children are not meeting the internationally recommended levels of physical exercise and research has shown that children are entering senior school without basic movement skills that are needed to take part in physical activity effectively. This has led to 39% of children across the UK having a negative attitude towards being physically active by the age of 11. A lot of this is due to too much screen time.

Our Exergaming Range offers a solution and helps the inactive become active. We have a selection of play panels both interactive and electronic which help attract children and help turn exercise in to a game.

Our products have been designed and manufactured in the UK to the highest possible safety standards.

EXER-GAMING CHILDREN'S FITNESS

Full product range on page 41-42

The X Reactions is an electronic light and sound sequence game. It is great for testing your reaction times and generates some healthy competition whilst playing as a group, trying to beat each other's score.

- » It has voice narrated scoring.
- » Can be wall or post mounted.
- » Available for indoor or outdoor use.

Full product range on page 43-44

 AGE 3+

CHILDREN'S FITNESS EXER-GAMING REACTIONS





Memory &

Reactions

MEMORY & REACTIONS
X REACTIONS

Start

Game





CHILDREN'S FITNESS MINI NINJA



Mini Ninja Fitness has been developed with Primary Schools in mind. It covers a smaller surface area and is perfect for schools wanting to invest their Sports Premium Budget in sustainable equipment.

The Mini Ninja Fitness offers an outdoor fitness course for children of all ages and skill level. It helps them to gain self-confidence and build self-esteem. It includes all the familiar pieces of the ninja assault course. It challenges strength and endurance, both mentally and physically whilst increasing overall well-being.

Each one can be tailored to your specific needs and budget. Please take a look at our Trim Trail and Ninja Fitness page for some inspiration.

Finish your course off with an added extra 20-metre Sprint Track. This is great to use as a warmup or to end the course with a final run to the finish point

Full product range on page 45-46



AGE 7+

MULTIGENERATIONAL FITNESS NINJA FITNESS

The Ninja fitness course is Play Fitness' response to the fastest growing area of outdoor recreation, challenge, and obstacle racing equipment.

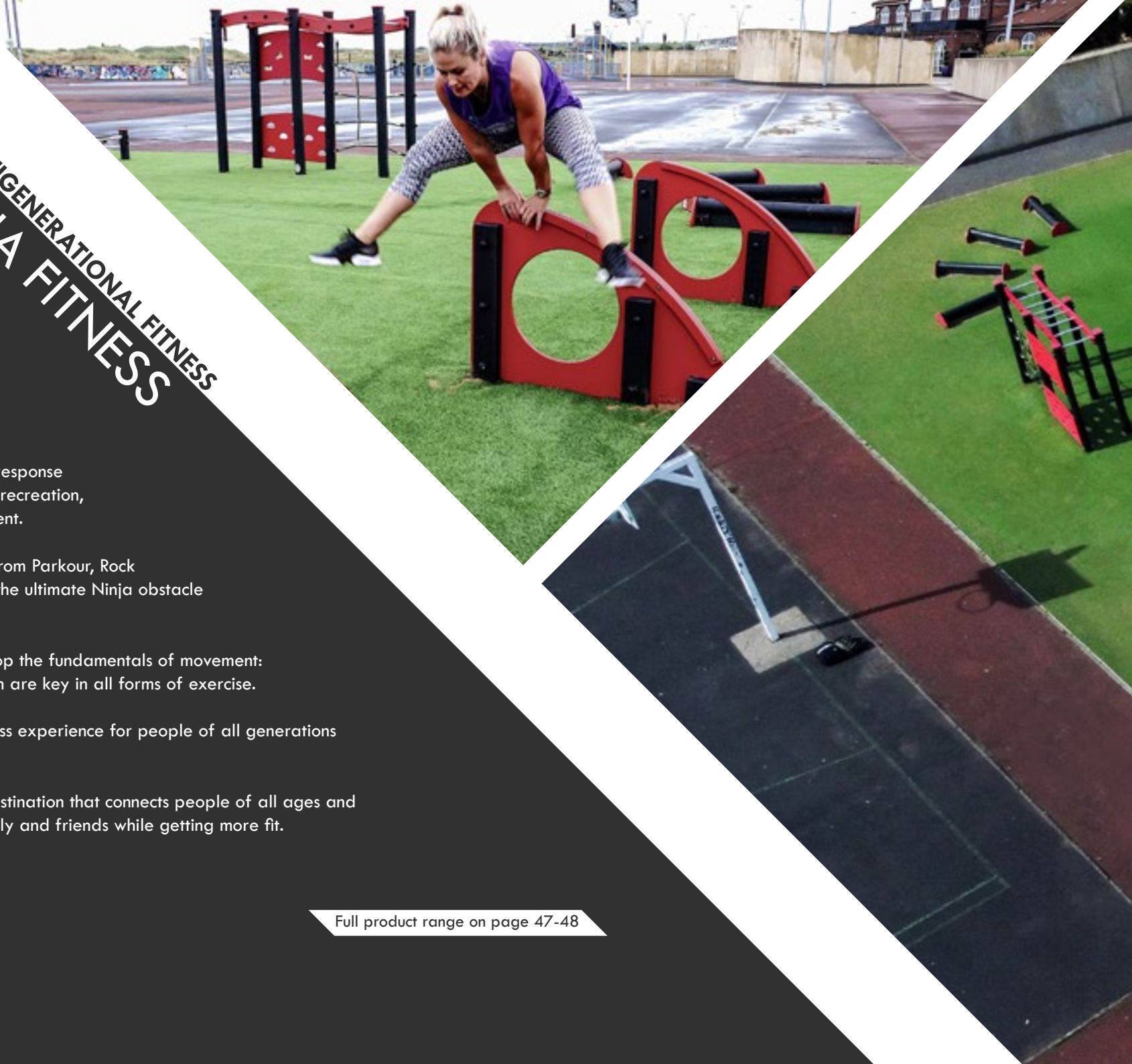
Play Fitness has combined technology from Parkour, Rock Climbing and Ropes Courses to create the ultimate Ninja obstacle course.

All our equipment is designed to develop the fundamentals of movement: agility, balance and coordination, which are key in all forms of exercise.

We have created a fun and social fitness experience for people of all generations and fitness levels.

Ninja challenge is an outdoor fitness destination that connects people of all ages and backgrounds to socialise with their family and friends while getting more fit.

Full product range on page 47-48





START

FINISH





Play Fitness Outdoor Gyms focus on different zones of the body, giving a full and varied work out. The equipment helps improve strength, flexibility, balance, co-ordination & improves cardiovascular health.

The equipment is low maintenance due to sturdy construction and simple design. It is made from high quality steel and powder coated to increase durability and protect from the elements. Our equipment comes in two sizes, one for adults which is for ages 14 and over, the other is suitable for children aged 7-13 which makes it perfect for primary schools. This range aims to set an early pattern for physical activity in young people, encouraging them to adopt a healthy lifestyle as they get older.

All our fitness stations use the users own body weight as resistance and are challenging and effective regardless of fitness level.

Full product range on page 49-50

OUTDOOR GYM

MULTIGENERATIONAL FITNESS



AGE 7+



MULTIGENERATIONAL FITNESS FUNCTIONAL FITNESS

Play Fitness has developed a range of 10 Functional Fitness exercises stations. They help the user become more active by building endurance and strength.

Each piece offers a fun, self-guided way to exercise and are a lasting investment to any outdoor space. Made from recycled plastic, they are designed to last with no moving parts. They require minimal maintenance, making them ideal for public use.

Functional Fitness areas help to break down barriers to better health, by helping communities work to achieve fitness goals and combat health risks associated with overweight and obesity. They bring people of all generations, abilities and socio-economic backgrounds together.

Our fitness ranges make it more accessible and affordable to add high quality outdoor fitness to any park or green space.



Full product range on page 51-52



STOPWATCH

min sec

START STOP

RESET

play FITNESS

It's important that you consult your GP before taking part in any exercise. 7 minutes warm up, 20 seconds rest.

Hot push
 Chair exercises
 Arm exercises
 Leg exercises

Choose a total workout time. Choose a shorter time. Eg. 40 seconds active, 20 seconds rest. During rest time spin the dice to select your numbers to move across and down the board to identify your next exercise. Repeat process until you have worked the end of your work out time.

Complete the matches, 20 seconds each match.



BOOTCAMP BOARD

MULTIGENERATIONAL FITNESS

The Bootcamp Board is an interactive exercise station that can be used by individuals or by large groups. Perfect for schools, universities, gyms, health clubs, parks and public spaces. The board is designed to be maintenance free!

Suitable for the outdoors made from recycled plastic and tough HDPE.

Easy to use / Fully engage groups in physical activity / Perfect for all ages / Suitable for beginners, up to elite athletes
Features:

- » Giant Solar Panel Stopwatch
- » Randomised Selection Wheel
- » 36 Free Exercises
- » Selection of boards available to suit any location and age group.



Full product range on page 54



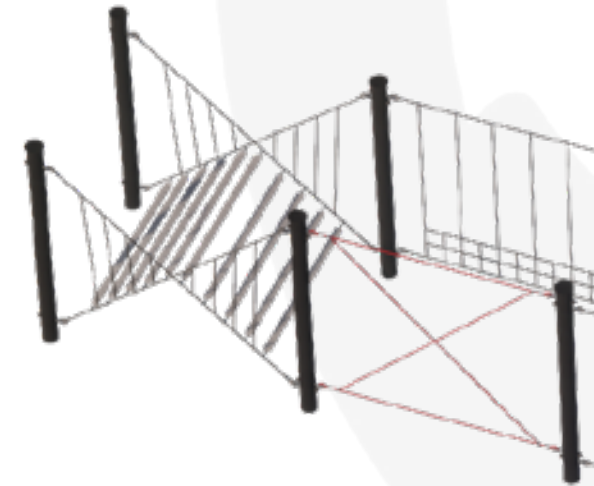
MULTIGENERATIONAL FITNESS CLIMB FITNESS

Climbing is something that comes as an instinct for us especially as children. It can be a crucial way of improving motor skills and basic movement. It promotes flexibility and coordination, fitness levels, balance, and agility.

It is great for increasing strength, endurance and flexibility which utilizing all the muscle groups. Especially grip, fore arm and upper body.

Climbing is great confidence builder for all ages and most of all fun, so it doesn't feel like you are exercising.

Full product range on page 54 & 55



Rope Fitness

This is the ultimate rope challenge. Great for increasing problem solving, planning and decision-making abilities.

Climb, traverse, swing, jump and crawl through the looping play trail course.

Pair up with our Solar panel Stopwatch, to add a competitive edge.

Traverse Wall

Designed to promote fun with fitness. Traverse is a lateral move going side wards rather than upwards, which is a safer option especially when being placed in schools.

This exercise consists of requiring the practice of balancing, climbing, strength and agility. This is a good warm up exercise.

We can work with you to create your own individual design; our artists have created various themes by request.

Interactive Traverse Wall

A large fun fitness wall with hand and feet grips for traversing across. Some of the grips are numbered 1-6, to add the challenge of creating a number sequence to follow.

It also includes two electronic game options:

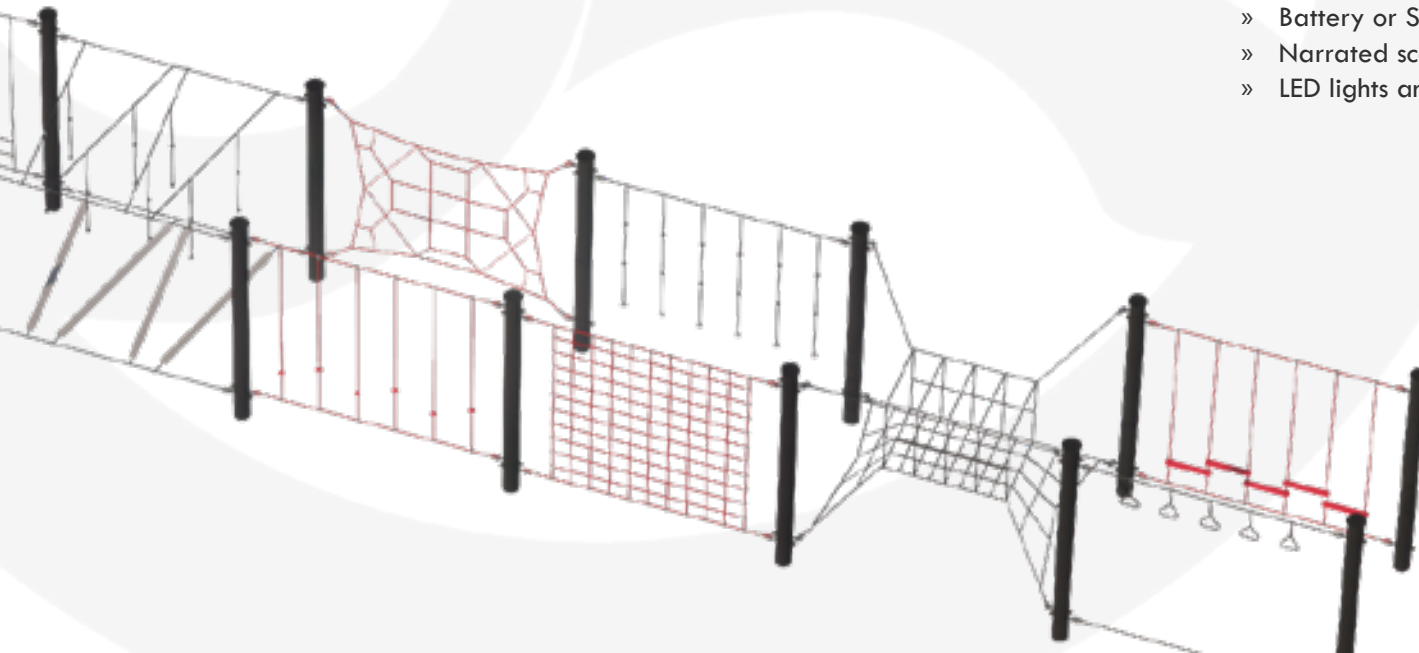
Reactions – Play against the clock, touching each sensor as it lights up and see how many lights you can turn off in the predetermined time.

Memory – Watch and listen to the musical light sequence and reply the sequence by touching the right sensors in the right order. As the game goes on you get more and more sensors to remember until you finally get it wrong.

The Interactive Wall is perfect for Schools, Community Centres and Recreational Areas. It is multi-generational, making it perfect for bring people together and becoming more active.

Features:

- » Attaches to walls or building
- » Suitable for outdoor and indoor use
- » Battery or Solar operated
- » Narrated scoring
- » LED lights and sounds







MULTIGENERATIONAL FITNESS GROUND MARKINGS

Ground markings are a great effective and economical addition to any area. They are durable, made from thermoplastic materials and non-slip ensuring safety at all times.

Markings are an inexpensive way to brighten up the playground whilst providing a stimulating environment for activities, learning and play.

We offer an extensive choice of designs from fitness adventure trails, educational and classic games. A range of on the spot markings such as football pitches, netball and tennis courts all of which can be tailored to your needs. Our professional team can also work with you to create any bespoke designs.

Samples on page 57-58

The Daily Mile is a great initiative set up to encourage children to walk, jog or run one mile each day. It takes around 15 minutes and is a great way to start the day. Studies have shown that this amount of exercise improves the physical, emotional and wellbeing of children of all abilities.

Many schools have welcomed the Daily Mile into their daily routine. Most schools are using their outdoor space to have a dedicated track for it to take place, this could be on their yard or school field.

Having a dedicated area:

- » Is a perfect solution if you have an uneven surface or boggy field.
- » Helps to keep the pupils all in the same place.
- » It makes it easier to manage if there are quite a few children taking part.
- » Creates an all-weather surface that is safe to use no matter the weather.

We can construct a Daily Mile track with Artificial Grass, Wet Pour or as a Ground marking around a yard. We can work together with you to create a Daily Mile track to suit your schools needs and budget.

DAILY MILE TRACKS

MULTIGENERATIONAL FITNESS





No exercise area is complete without the right type of flooring. We specialise in three specific types:

- » Artificial Grass
- » Wet Pour
- » Wet Pour Tiles
- » Rubber Matting

Each one has their own benefits, and to which you choose is dependent on the area in which the equipment is being placed.

FLOORING ADDITIONAL

ARTIFICIAL GRASS

Artificial grass brings the look of nature to your environment, it has become increasingly popular and is widely used throughout both the domestic and education sectors, as it is durable so can withstand areas of heavy usage, which is great for our exercise areas as they do have a large foot drive.

It offers a permeable drainage system, which means in wet conditions it will not have any slippery or muddy areas. It can generate savings as there are no up-keeping costs and is particularly useful if maintenance isn't practical in the particular area.

As you are not applying fertilisers or pesticides it is friendly to the environment. Also, as it would not require watering so would not be affected if there was a hose pipe ban, therefore saves on water.

WET POUR

Wet Pour is a continuous rubber surface that gives a high quality, hard wearing, slip-resistant surface requiring little or no maintenance.

Mixed on site, the rubber EPDM granule and polyurethane resin mixture is wet laid to various thicknesses onto a prepared area. The thickness of the wet pour is determined by the free height fall of the equipment installed. The correct thickness and area of wet pour is laid around each piece of equipment to provide a sufficient level of impact absorbency.

It can come in an array of colours and designs, these can include logos, game markings and images. We can work with you on any bespoke designs you may have.

RUBBER MATTING AND TILES

Rubber Matting is an economical solution for our exercise areas. The recycled PVC / rubber tiles are manufactured from flexible, durable, heavy duty rubber compound and are designed specifically with shock absorbent rubbers for use as safety surfacing underneath play equipment. The tiles allow existing grass to grow through creating a natural grass finish which can then be mown as usual, leaving a soft safety surface underneath. The mats are great for reducing mud and create a non-slip area.



TIMBER

BOW TOP

SPORTS



Addition to your exercise equipment we also offer fencing options. This can create a sense of enclosure to your equipment. They are popular with schools as the 7-13 year old Outdoor Gym equipment is not free play. By having a fence around makes it easier to manage a class of children, also provides a safe and secure place for them.

The fences are timber, metal or we can match up to an existing fence.

FENCING ADDITIONAL

Run on the spot

- Stand with your legs together
- Run on the spot as fast as you can
- Count 30-50 steps and then rest.
- Repeat the exercise 2-3 times.

Fancy mixing and matching of product ranges? Or even creating your own unique space. Then no problem. Whether it be an inclusive playground, an amphitheatre or a crazy golf course, we can work with you to design your perfect area. Our sales team and in-house designer can work with you to develop a bespoke area, with your needs and want specifically in mind.

BESPOKE PROJECTS ADDITIONAL



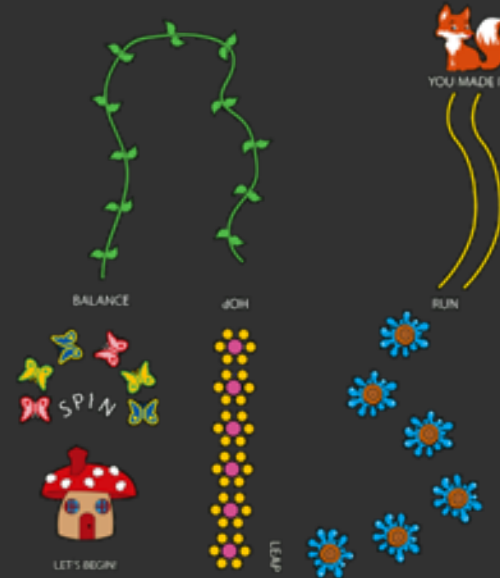


GROUND MARKINGS

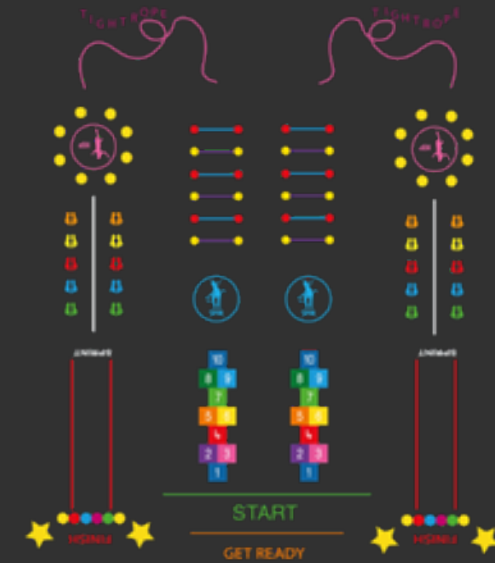
FITNESS



Fitness Activity Circles



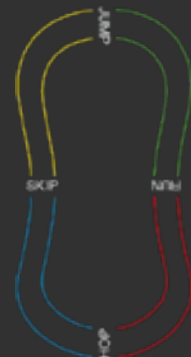
Countryside Adventure Trail



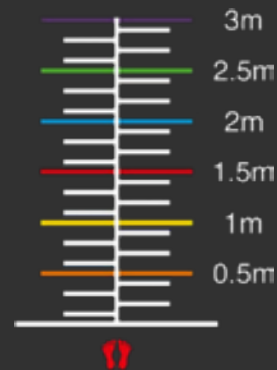
Tag Team Trail



Keepie Uppie Circle



Fitness Circuit

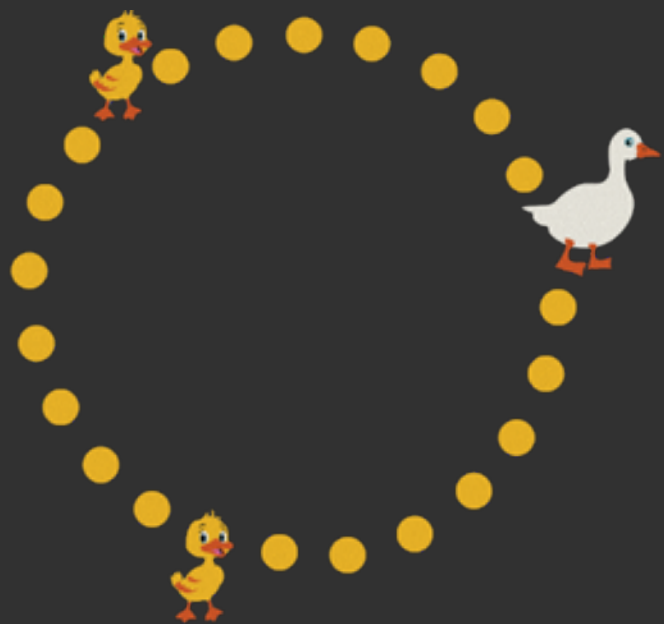


Standing Long Jump



Exercise Wheel

ANIMALS



Duck Duck Goose



Tiger



Monkey



Rabbit



Elephant



Bee



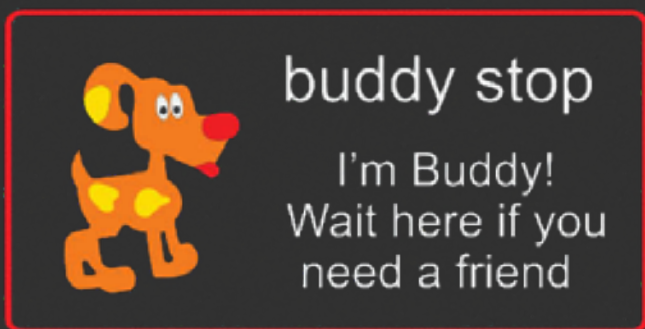
Butterfly



Snail



Bear



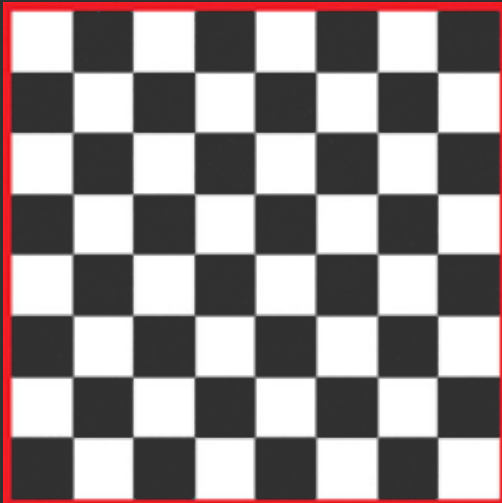
Buddy The Dog Friendship Stop



Sea Life Feature

GROUND MARKINGS

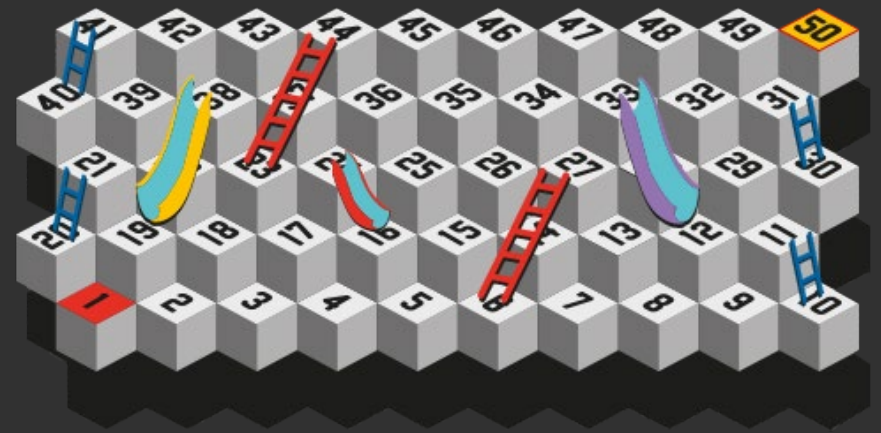
GAMES



Chessboard



Snakes And Ladders 1-100



3D Slides And Ladders 1-50



Mirror Me



Dartboard



Rocket Hopscotch



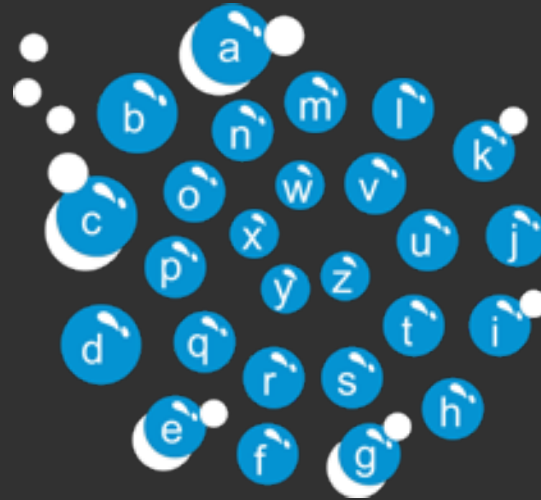
Treasure Map

EDUCATION



Step and say the words

Step And Say



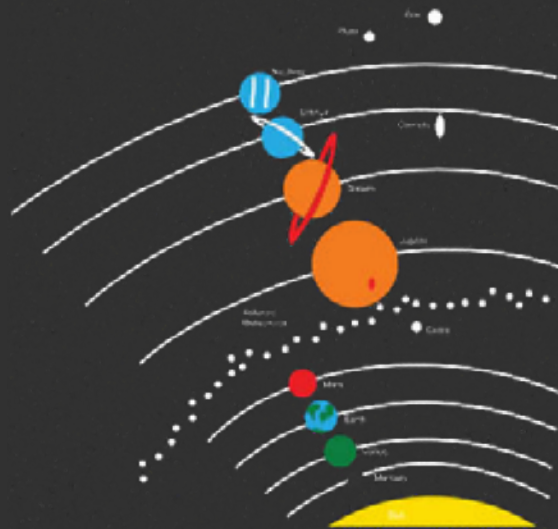
Bubble Spiral



Dragons



8 Point Compass



Solar System



British Isles Multicoloured Maps



Clown 1-10

Service

Play Fitness provides a free consultation service giving expert advice on the design of your outdoor gym.

We will share our knowledge and experience to support you through your project. We offer free advice on funding your project and have fresh ideas to execute the delivery of superb facilities.

You will receive our renowned customer care where you will have a designated member of our team dealing with you on a one and one basis from enquiry to completion.

This helps us to build strong relationships with our clients, provides continuity and helps us to deliver our products and services in fast response times.

We will endeavour to continue this service, throughout installation by our experienced DBS checked installers, also by providing an excellent customer aftercare.





25 YEARS · STEELWORKS

10 YEARS · HDPE PLASTIC

10 YEARS · ARTIFICIAL GRASS

5 YEARS · GALVANIZING

5 YEARS · PAINTWORK

3 YEARS · SEATS

2 YEARS · ELECTRICALS

2 YEARS · BEARINGS

2 YEARS · SPRINGS

2 YEARS · NETS & ROPES

Warranty Coverage

This warranty applies to Play Fitness' products for the time periods described for each product type above and with the limitations described in this warranty. This warranty covers only defects in materials. Play Fitness' liability under this warranty is limited to repair or replacement of defective products, without charge, at Play Fitness' discretion.

The warranty applies only if products have been properly installed and maintained

The warranty only applies if Play Fitness' products have been installed according to the instructions provided by Play Fitness, and maintained correctly according to the Play Fitness maintenance guide.

No coverage for accidents, wear, tear, cosmetic issues, misuse or vandalism

This warranty does not cover any damage caused by accident, improper care, negligence, normal wear and tear, surface corrosion on metal parts, discoloured surfaces and other cosmetic issues or failures due to misuse or vandalism.

Products installed near water

Standard products installed in coastal areas, within 200 metres from the shore, will only be covered by the warranty for half the period of the standard product warranty in relation to defects caused by corrosion. Play Fitness' warranty, if applicable, is limited to a 5-year warranty in relation to such products.



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