



Activism starts young

The Pond Pack

Children's Fitness Equipment
(Ages 3+)



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Welcome to Play Fitness

Play Fitness specialises in providing people 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 problem of obesity, one which 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. We want to encourage the population to engage in fitness physically and mentally on the inside and out.

We will provide the community with the means to encourage and motivate people of all ages to enhance their lifestyles and break down the barriers that restrict individuals from participating in physical activity. We have developed various ranges 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, regardless of the user's fitness level.



Play Fitness' Activity System provides:

- A high-quality environment which will leave people feeling inspired and valued.
- A vehicle to enhance community wellbeing and social interaction.
- Our fitness equipment is perfect for recreational areas, educational establishments and leisure centres.
- Opportunities for play and recreation.
- A mechanism to support the governments healthy living initiative.



Our Story

Play Fitness is based in South Shields, Tyne and Wear. 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 prevalences 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. When we first began working with schools and community centres we found that they were looking for

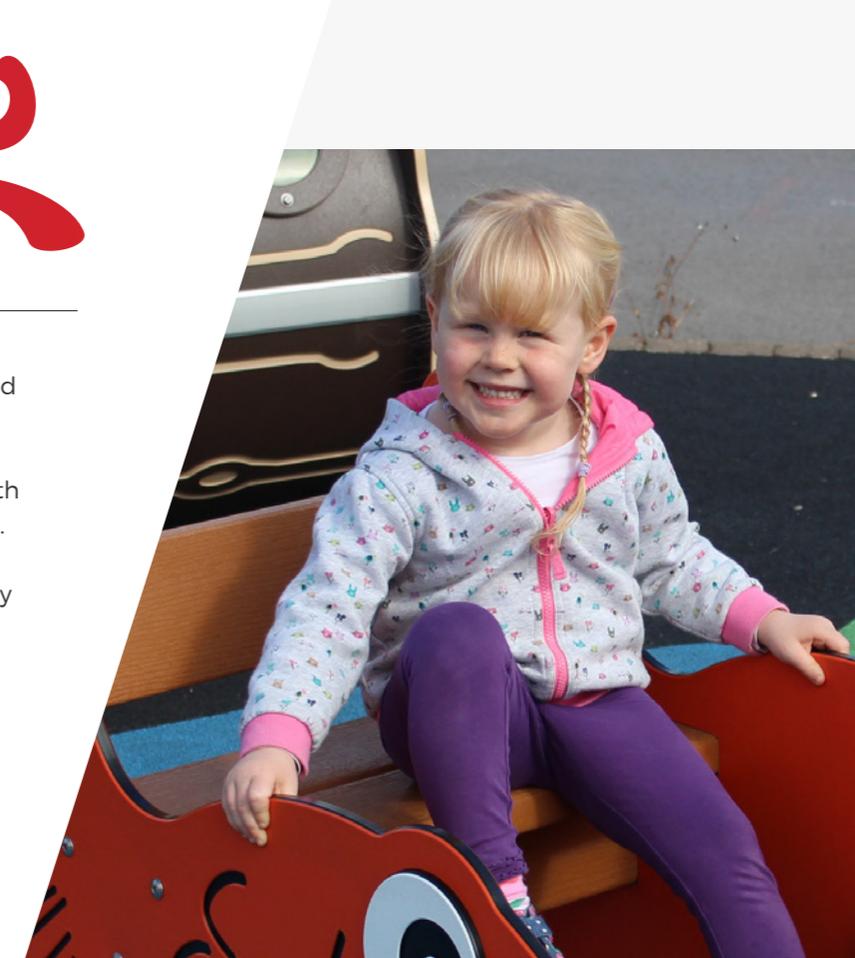
a platform for the children to exercise regularly. Due to the schools having little or no indoor space, we needed a solution to this problem. We wanted to create a fun, safe, accessible and affordable exercising environment. This is where the idea for our first outdoor gym came, our first product evolved and was the perfect solution.

The idea of 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 lack of 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 grown and our installations continue to rise each year. This has enabled us to provide the community with the means to encourage and motivate young people, to enhance their lifestyles and break down the barriers that restrict people from participating in physical activity.



Introduction to The Pond Pack

The Pond Pack has been specifically designed for early years children to promote an active lifestyle and to help develop children's personal and social development. Research shows that there is a direct correlation between obesity and lack of time spent outside. Movement through exercise helps to prevent obesity and illnesses that arise from it, such as type 2 diabetes, musculo-skeletal problems and asthma.

The Pond Pack allows children to experience the use of a gym in an outdoor setting. This will naturally develop physical and gross motor skills, such as balance, upper/lower body coordination and reactions whilst enjoying all of the Pond Pack features.

Children are biologically programmed to move, explore and experiment. This makes outdoor experiences essential for their all-round development, health, well-being and learning.



The outdoors is particularly powerful in developing elements of personal, social and emotional development. This could be through friendships, cooperation and a sense of well-being. Children who play outside are better able to self-regulate, have fewer behavioural problems and stronger language skills.

The Pond Pack is designed for ages 3-7 and offers a fun, engaging and interactive zone for playgrounds promoting fitness and active play.



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Our Products

Each piece of the Pond Pack equipment works a different part of the body helping to achieve the perfect workout. Specifically designed for outdoor use, each installation can be customised to your desired preference to create a fun fitness playground. Choosing the correct flooring plays a very important part when designing your fitness zone. We will work together offering surface recommendations which are safe and meet all safety requirements.

Made with quality in mind, our products are designed and manufactured in the UK to the highest safety standards. Built to withstand regular use, our robust equipment comes with a 10-year guarantee. Along with the equipment we provide an excellent educational pack for children to learn all about nature and wildlife around the pond.



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Firefly Reactions

The Firefly Reaction Game is fast paced and fun. It requires the player to react quickly to each flashing firefly light by touching the sensors, turning as many of them off in the time allowed. This is great to play on your own or as a team to compete against one another.

The game features a narrated start, final score announcement and musical notes for user feedback during play. All of the power required to run the game is generated by the user winding the rotor. Constructed from hard-wearing HDPE it will not rot, crack or fade in UV light.



“This is my favorite in the Pond Pack, I like to see who can get the highest score with my friends”

- Ella, 6



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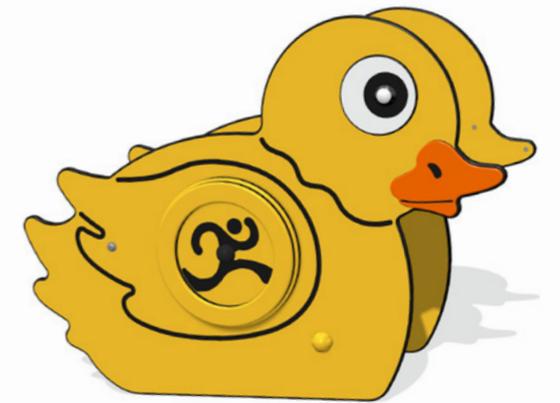
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Duck Sit In Rower

The Sit In Rower helps to build upper-body strength, endurance and dexterity. The gripping of the wheels is a great exercise for fingers, hands and wrists. The spinning circular motion helps with timing, concentration and adds an element of fun to how fast you can go.



When children play, it develops their cognitive, socio-emotional and physical skills that will take them into a successful adulthood.



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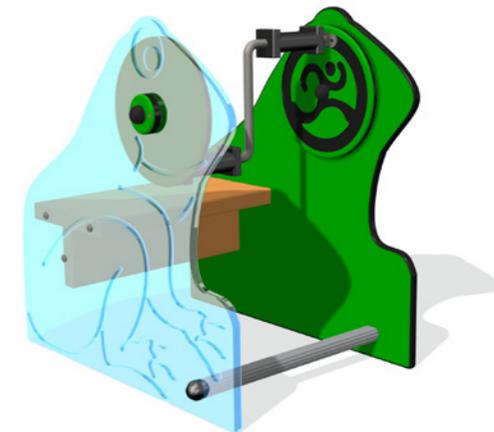
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Frog Hand Rower

This is a great exercise for strengthening arms and helping to develop timing and coordination. The seated position helps with posture. You can determine how fast or slow you want to go and work at your own pace.



Through exercise, children develop emotional intelligence, learning confidence, cooperation, negotiation, sharing, empathy and how to communicate appropriately.



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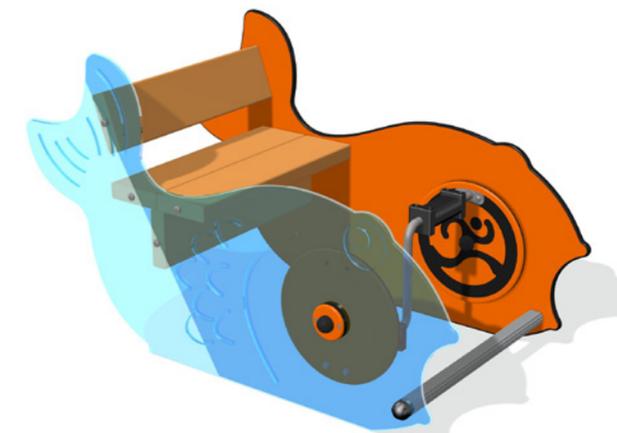
Fish Foot Rower

Peddalling is a great exercise to strengthen the leg muscles, ankles and feet. The motion helps with timing, coordination, circulation and can help children prepare for riding a bike of their own.



“My children love this equipment. It’s the first thing they run to in the morning when I drop them off at the school”

- Louise, Parent of 5 and 7 year old



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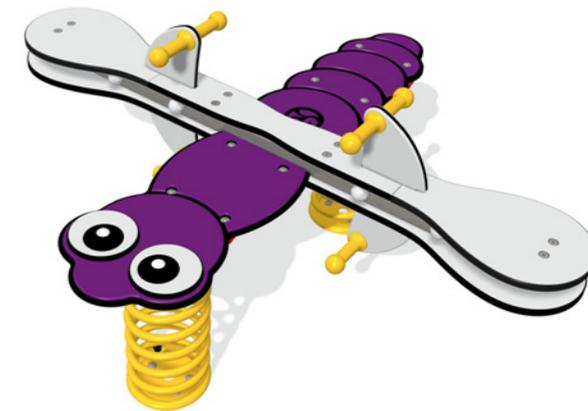
Dragonfly Spring Seesaw

The Spring Seesaw is great for developing core muscle, arm and grip strength. The rocking motion from the spring helps develop awareness of motion in space and body balance. The seesaw motion is great at encouraging collaborative play and patience.



“Me and my friend like to see how high we can go”

- Autumn, 4



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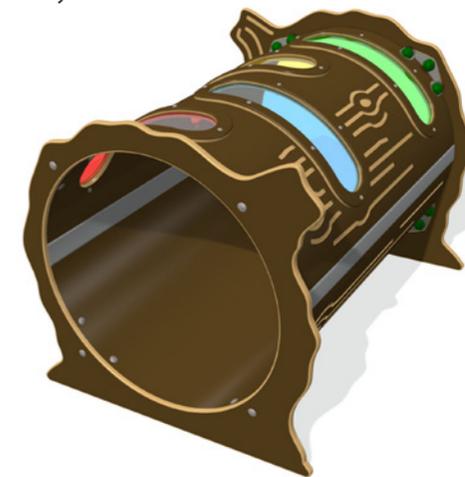
Log Tunnel

The skylights in the tunnel give a sensory experience that encourages imaginative play. It allows children to enter into a world of their own. Crawling allows children to enhance their physical activity and develops gross motor skills.



“I like to play dens with my friends in the tunnel - the different colours of the tunnel make it look cool inside”

- James, 7



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Bull Reed Spinner

The spinner is a classic addition to any playground area. Spinning is part of a child's natural development as it helps them to grow strong and is a great way to enhance their ability to register space and motion.



"I like to spin round as fast as I can"

- Caleb, 6



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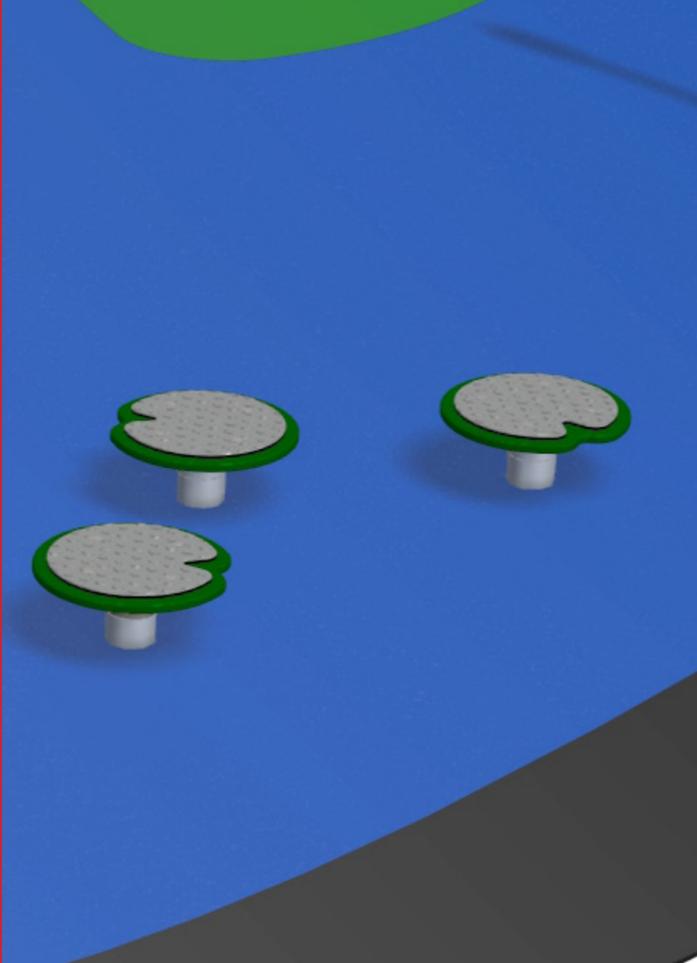
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Lily Pad Stepping Stones

Stepping stones allow children to exercise and promote overall muscle strength. They are great for many development skills such as balance, coordination, spatial awareness and timing.



The Full Layout

Our specialist team will work with you giving expert advice on the design and layout of your equipment. This will be based on your specified space, needs and budget. The design shown has been created with wet pour safety-surface formed in the shape of a pond and lily pad in keeping with the theme.

Our consultation service is free and we pride ourselves on our renowned customer care. This is from first contact, during installation and aftercare.



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