



**FreshairFitness**

*The outdoor gym specialists*



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active  
ageing



  
**FreshairFitness**  
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Outdoor Gym Equipment  
**Senior Fitness**

01483 608860 [www.freshairfitness.co.uk](http://www.freshairfitness.co.uk)

# Why Fresh Air Fitness?



**We are the outdoor gym specialists. Our gyms have been specially designed to provide low impact exercise options for older people to keep active and to provide a place of social interaction.**

- ✔ We have the largest range of equipment for 'active ageing' in the UK.
- ✔ As well as gentle cardiovascular exercise our outdoor gyms improve balance, co-ordination, flexibility and muscular strength.
- ✔ Our gyms can be used individually, in pairs, small groups or group classes.
- ✔ We can offer staff training for group fitness classes.
- ✔ All our equipment is compliant with EN16630 and EN1176.
- ✔ We're the experts; 1500+ gyms installed across the UK.
- ✔ Our gyms are also really good fun to use!

**Need funding? We can help, call us for more information.**



See our full range [www.freshairfitness.co.uk](http://www.freshairfitness.co.uk)

# An Outdoor Gym?

- ✔ Builds and maintains strength and balance, preventing falls and keeping people from slowing down.
- ✔ Improves cardiovascular health, preventing disease, disability and poor health.
- ✔ Offers the opportunity for social interaction, improving mental health and wellbeing, reducing depression.
- ✔ Helps older people to remain independent for as long as possible.
- ✔ Provides an additional facility for homes that doesn't require staff management.
- ✔ Creates a facility for group fitness classes as well as individual use.
- ✔ A fitness facility designed to improve flexibility, strength and cardiovascular fitness for optimum wellbeing.

“ Strong evidence shows that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. ”

NHS

25 year warranty

