



OUTDOOR-FIT
exercise systems


REAL EXERCISE.


REAL RESULTS.

A Guide to Real Outdoor Fitness

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PHYSICAL ACTIVITY: THINGS YOU SHOULD KNOW

23.2% of Americans meet the
**PHYSICAL ACTIVITY
GUIDELINES**
 for aerobic and muscle-
strengthening activities

53.3% of Americans meet the
**PHYSICAL ACTIVITY
GUIDELINES**
for aerobic physical activity 

About
31 MILLION 
adults aged 50 +
are inactive, meaning they get no physical
activity beyond that of daily living.

**INADEQUATE LEVELS OF
PHYSICAL ACTIVITY**
are associated with
\$117 BILLION 
in annual healthcare costs.

 Costs associated
with physical inactivity
account for more than
11% of total
health care
expenditures

Less than
HALF 
of the U.S. population lives within
one-half mile of a park

PHYSICAL ACTIVITY STANDARD:

At least 150 minutes of moderate-intensity
(or 75 minutes of vigorous-intensity) aerobic
physical activity, such as running, riding a bike,
dancing or swimming, a week.

Muscle-strengthening activities involving all
major muscle groups two or more days a week.

PHYSICAL ACTIVITY: BENEFITS

Benefits for **YOU**

Sleep

Will improve your sleep quality

Mental Health

Will reduce feelings of anxiety and improve your mood

Cognitive Health

Will help improve your brain function, focus, and memory

Heart Health

Will lower your risk for heart disease and type 2 diabetes

Cancer Prevention

Will lower your risk for various types of cancers

Manage Weight

Will enhance your quality of life by managing a healthy weight

Benefits for the **COMMUNITY**

Building active communities helps:

Economic

Increase levels of retail economic activity and employment

Increase property values

Support neighborhood revitalization

Reduce health care costs

Workforce

Physically active people tend to take fewer sick days.



SOURCES:

<https://www.cdc.gov/physicalactivity/activepeoplehealthnation/why-should-people-be-active.html>

<https://www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html>

https://nccd.cdc.gov/dnpao_dtm/rdPage.aspx?rdReport=DNPAO_DTM.ExploreByTopic&isIClass=PA&isITopic=PA2&go=GO

<https://www.americashealthrankings.org/explore/annual/measure/Sedentary/state/ALL>

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/physical-activity-environment/safe-affordable-and-accessible-physical-activity-and-obesity-prevention/>

WHY PROMOTING THE DEVELOPMENT AND USE OF PARKS IS ESSENTIAL IN BUILDING HEALTHIER COMMUNITIES

There is a significant disparity in income levels between people who meet or exceed the recommended guidelines for physical activity and those who do not.

People who make more money are more likely to exercise, as the size of your income determines the amount of disposable income you have left over to spend on a gym membership and the clothing to wear to the gym. Therefore, people with lower household incomes are more likely to have less money to spend on leisure-time physical activity¹.

Developing more parks and adding outdoor fitness equipment is a way to bridge the gap. The investment in public and accessible physical activity will provide more people of lower socioeconomic status the opportunity to participate in aerobic and muscle-strengthening activities that they cannot afford to pay out of pocket.

¹Leisure Time Physical Activity is defined as physical activity that is achieved at the sole-discretion of the individual and not through essential daily tasks such as occupational, transportation, or household physical activity.



Prioritizing accessible physical activity in your town will create economically and socially healthier communities.



OUTDOOR-FIT SPECIALIZES IN REAL OUTDOOR FITNESS EQUIPMENT

WHAT IS REAL OUTDOOR FITNESS EQUIPMENT?

Real outdoor fitness equipment incorporates adjustability, assistance and resistance into its design and provides the same exercise benefits as commercial indoor fitness equipment. Key characteristics of real outdoor fitness equipment are:



BIOMECHANICALLY CORRECT EXERCISE STATIONS

Prevent injury because your body is moving in the way it is meant to move



REAL EXERCISE VALUE

You will receive measurable and legitimate exercise results



HAS AN INDOOR EQUIVALENT

If you wouldn't find it in an indoor fitness center, it isn't real outdoor fitness equipment

WHY OUTDOOR-FIT IS REAL OUTDOOR FITNESS EQUIPMENT

With extensive experience in the commercial fitness industry, Outdoor-Fit's founder set out to bring the indoor fitness products he used and loved to the outdoor environment in a design that would excite fitness enthusiasts and be usable by people of all fitness levels. With this goal in mind, all Outdoor-Fit's products are developed to have an indoor equivalent and the same exercise biomechanics. For example, the Hi-Lo Pulley System on the APOLLO and VERSA has a 100 lbs adjustable weight stack, just like an indoor cable machine. The chin-up and dip station have an assist mechanism that provides up to 120 lbs. of assist, as this machine is common indoors. Lastly, the EVEREST Cardio Climber mimics the feeling of using an elliptical machine on the highest incline.



A SHIFT IN THE OUTDOOR FITNESS MARKET

In the past, park departments, corporate and residential developers, and campus recreation departments have been more concerned about how their outdoor gym looks rather than how well it functions. If you were building an indoor gym, you would be more concerned with the exercise value and health benefits the equipment offers rather than whether it looks "pretty" or matches the surrounding environment. So why is this mindset not reciprocated in an outdoor environment?

However, recently, there has been a shift in the market as real outdoor fitness equipment is growing in popularity. Equipment operators recognize that their old outdoor gyms with activity and bodyweight equipment are not getting used, turning into a waste of space and a maintenance headache.

Dalhousie Research Synopsis

Outdoor-Fit's real outdoor fitness equipment was evaluated by Dalhousie Universities Kinesiology Department (Nova Scotia, Canada) to determine that it offered biomechanically correct exercise solutions. Outdoor-Fit's products successfully passed the evaluation.



Biomechanically correct means that the equipment delivers the same exercise effectiveness and exercise safety as indoor commercial fitness equipment.

Increase Your Outdoor Gym's Return on Investment!

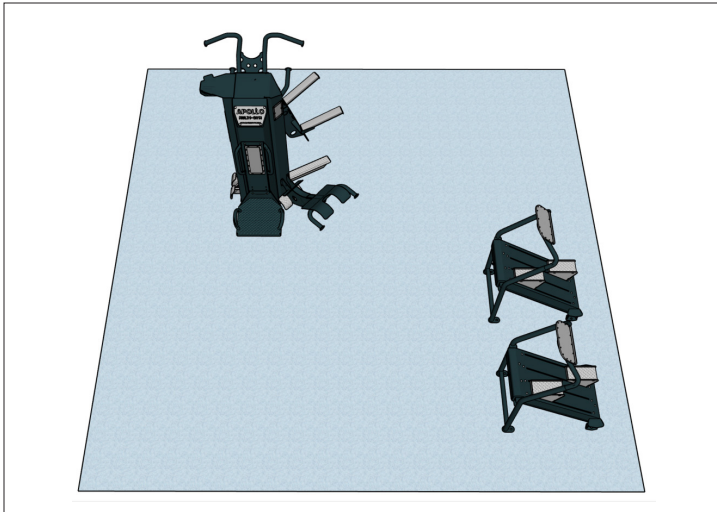
The success of an outdoor gym can be measured by analyzing its intangible benefits that are a result from its installation. It is likely that this outdoor gym is not generating revenue for the town, however by investing in an outdoor gym, the town is contributing to increasing physical activity within the community, making it healthier and happier.

Installing real outdoor fitness equipment in your community will result in a positive return on your investment regarding the upfront and future costs, the space used, and the level of use it receives.

If your department doesn't have the resources for a brand new or renovated indoor gym, an outdoor gym with real outdoor fitness equipment is an excellent alternative. An outdoor gym is a cost effective equivalent to enhance your recreation offerings and to provide the community with accessible fitness options.



REAL OUTDOOR FITNESS EQUIPMENT PACKAGES

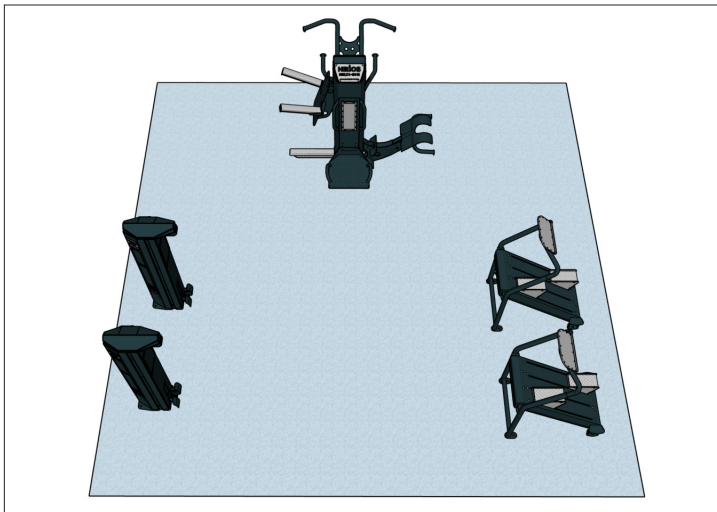


1 APOLLO
MULTIGYM **2** EVEREST
CARDIO CLIMBER

The compact and effective combination of the APOLLO Multigym and two EVEREST Cardio Climbers create the ultimate outdoor gym. Real fitness equipment delivers a total body strength and cardio workout while replicating the best of indoor commercial fitness equipment.

Equipment features:

- Seven simultaneous users 20x20 sq/ft pad
- 20+ different exercises

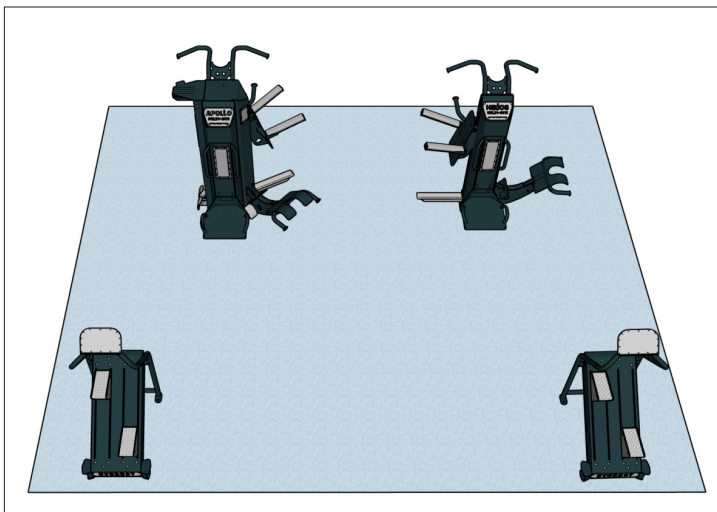


1 HELIOS
MULTIGYM **2** EVEREST
CARDIO CLIMBER **2** VERSA
HI-LO PULLEY SYSTEM

The addition of the VERSA Hi-Lo Pulley System to your outdoor space provides resistance and adjustability so more, and less conditioned users can have a challenging workout. Combined with the HELIOS and EVEREST will create an outdoor gym that delivers real fitness benefits to teenagers and seniors.

Equipment features:

- Nine simultaneous users 20x20 sq/ft pad
- 20+ different exercises



1 APOLLO
MULTIGYM **1** HELIOS
MULTIGYM **2** EVEREST
CARDIO CLIMBER

Two multigyms and two cardio climbers deliver real exercise value to 11 users at once with exercise variety, resistance, and adjustability. The APOLLO, HELIOS, and EVEREST bring biomechanically correct fitness equipment outdoors.

Equipment features:

- Eleven simultaneous users 20x24 sq/ft pad
- 20+ different exercises

THE OUTDOOR FITNESS MARKET

The outdoor fitness equipment market is made up of very different types of equipment. It is segmented into 5 different equipment categories, each category features pros and cons, however they do not all provide real exercise value.

ACTIVITY EQUIPMENT

Activity equipment resembles indoor fitness equipment in its appearance; however, the exercise benefits that it delivers to users are little to none. This equipment is what people typically imagine when they think of outdoor fitness equipment.

PROS:

Lots of options

Promotes movement

CONS:

No real exercise value

Typically poor exercise biomechanics (can lead to injury)

FUNCTIONAL EQUIPMENT

Functional fitness equipment typically features several bodyweight exercise stations affixed together into a larger unit. Additional exercises can be performed on the equipment using accessories, however they cannot be left unattended.

PROS:

Large & impressive units

Multiple users at one time

CONS:

More advanced exercises requiring a high-level of strength

Can be intimidating for beginners

BODYWEIGHT EQUIPMENT

Bodyweight equipment is found in single station, double station, or multigym configurations and these stations are typically fixed stations with no moving parts. Users can perform a full-body workout however they must have a high level of upper-body strength to perform many of these exercises.

PROS:

Low maintenance

Looks closer to indoor equipment

CONS:

Some level of strength/ability required to perform most exercises

Typically poor exercise biomechanics (can lead to injury)

OBSTACLE COURSE EQUIPMENT

Obstacle course equipment is a fitness trend that has found its way into outdoor fitness equipment over recent years due to the popularity of 'American Ninja Warrior.'

PROS:

Large & impressive installation

Modular

CONS:

High chance of injury

High-level of fitness ability required

REAL OUTDOOR FITNESS EQUIPMENT

Real outdoor fitness equipment incorporates adjustability, assistance, and resistance into its design and provides the same exercise benefits as commercial indoor fitness equipment. Key characteristics to look for in real outdoor fitness equipment are biomechanically correct stations, real exercise value, and an indoor equivalent.

PROS:

High return on investment

Proper exercise biomechanics

Features adjustability and resistance

Accommodates beginners, elite athletes, and seniors