

MINIGUIDE FOR OUTDOOR FITNESS IN YOUR OUTDOOR ROOM



NORWELL

OUTDOOR FITNESS




MORE THAN JUST AN OUTDOOR FITNESS PARK . .

A Norwell Outdoor Fitness park is not just a gym that has moved out in the open air. . . IT'S MUCH MORE!

A Norwell outdoor fitness park provides space for exercise for all regardless of age and physical condition and can significantly increase the value of the area. The park can be installed in all environments and fit in anywhere without damaging the landscape.

With their Danish design, lightness and sculptural expression, the training equipment can be placed in recreational areas such as forests and parks, where they can blend in nicely and discreetly with nature. At the same time, they can be placed in more urban environments, where they will also match each building and architecture.








With a natural, inspiring and intuitive approach, you train with your own body weight. This means that everyone can participate - regardless of training level or age. A fitness park from Norwell Outdoor Fitness is thus a great value addition to your outdoor area, which offers activity and exercise to the users, and which with its aesthetic design blends beautifully into the surroundings.

-  Make it easy for residents, citizens, guests and members to exercise and exercise outdoors - regardless of level and physique - in the fresh air and natural surroundings.
-  Made of materials that can withstand weather and wind and require a minimum of maintenance. Several of the training equipment are completely without moving parts, bolts and screws.
-  Read on and find inspiration and suggestions for how a fitness park from Norwell Outdoor Fitness could be put together for your outdoor space.



CREATE VALUE WITH A NORWELL OUTDOOR FITNESS PARK

 With a Norwell outdoor gym in your area you create value and increase the quality of the outdoor areas.

-  Makes it easy to exercise
-  Make it attractive for guests, customers, students, citizens, members and residents to visit and use your outdoor area
-  Create a natural and easily accessible place to exercise, which is well attended
-  Reduce sickness absence among users and contribute to a healthier lifestyle
-  Offer a large selection of activities in your area
-  Create value with free fitness
-  Do something good for employees, guests, customers, residents, members, and citizens, and help raise the health in your society



FITNESS PARK Proposal 1

NORWELL STARTER



The little Norwell Starter package is for you who need to fill out a small area with a moderate budget.

Here you can provide citizens, residents, staff, students, and many others opportunity to train and get in shape at an easy and easily accessible way.

The small Starter package covers strength, cardio, balance and flexibility training - all in all, a reasonable size park where training of the whole body is covered!



Products:

- 1: NW101 Chest
- 2: NW202 Cross
- 3: NW301 Twister
- 4: NWSW110 Dual Bar

Minimum space: 34,5 m2



FITNESS PARK Proposal 2

NORWELL URBAN 1



Norwell's Urban-1 package is for the moderate budget and for you, who wants a park where a lot of maintenance is not required of the tools.

All the fitness stations in the package are without moving parts, bolts, and screws, which means that maintenance is kept to a minimum. The Urban-1 package is offered at an extremely sharp price and gives you great value for money.

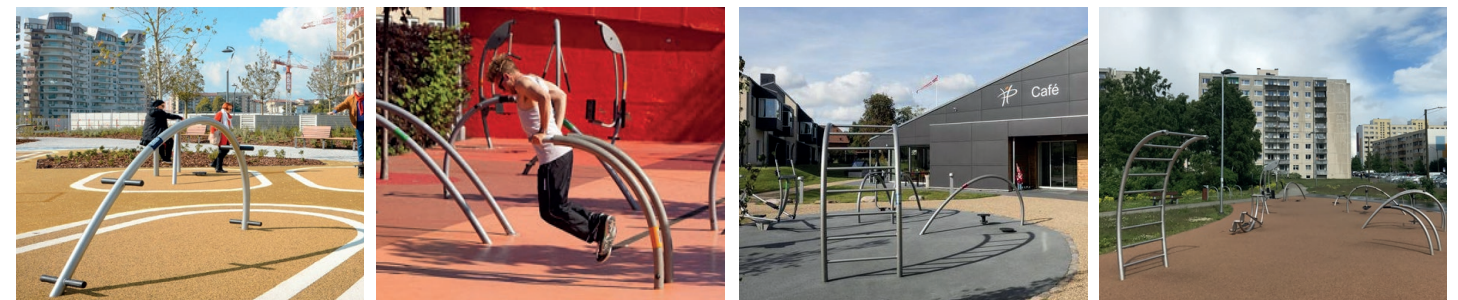
The Urban-1 package covers strength, cardio, balance, and flexibility training - all with a focus on strength training and training with your own body weight.



Products:

- 1: NW103 Sit-Up
- 2: NW105 Bar
- 3: NW107 Dual Pull Up
- 4: NW203 Stepper
- 5: NW401 Stretch

Minimum space: 77 m2



FITNESS PARK Proposal 3

NORWELL FUNCTIONAL TRAINING



Norwell's Functional Training Package is for you with a larger budget, and a medium-sized area to the park itself. The park is composed of the new large Functional Training Frame, where several people can train simultaneously in one and the same equipment and with endless training possibilities for the whole body. In addition to the large training facility, there are supplemented with stand-alone stations that cover cardio training, balance, and flexibility.

The park covers training of strength, cardio, balance and flexibility - all with a focus on good overall training, strength training and training with your own body weight.



Products:

- 1: NW201 Air Walker
- 2: NW202 Cross
- 3: NWC608 Functional Training

Minimum space: 52 m2



TRANSFORMATION FROM LAWN TO FITNESS PARK









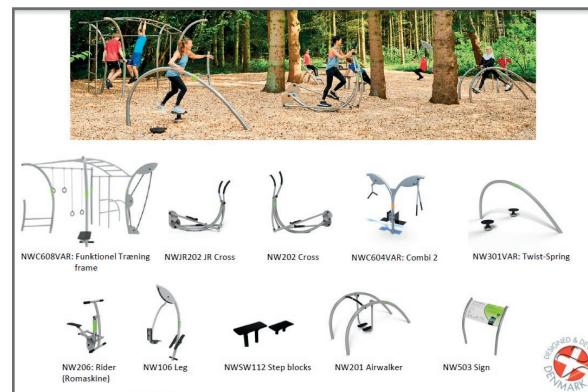
A local association in the village of Ferritslev in Denmark wanted one Norwell fitness park in their city park. See how we helped them with the process from green lawn to finished and well-thought-out outdoor fitness park, where everyone in the city - young and old, trained, and untrained could benefit from outdoor training.



CUSTOMIZED AND TAILORED TO YOUR OUTDOOR AREA

 We are with you all the way from idea to finished fitness park.

-  We talk about your needs and desires
-  Find the equipment according to your needs
-  Make a drawing of the equipment shown in your environment
-  Guide and advise on surface and installation
-  Advises on the search for funds
-  Helps with delivery and installation



Assemble your fitness park with Norwell's large selection of outdoor fitness equipment.








3D layout for how the park could look like.



Options for choosing a surface.

5 GOOD REASONS TO TRAIN OUTDOORS

 Fresh air and outdoor exercise contribute to increased energy.

-  Improves health - physically and mentally
-  Delivers joy through socializing
-  Is always for free use
-  Provides fresh air and vitamin D
-  Provides better health and mood

When you exercise outdoors in the fresh air, you can also enjoy the benefits of sunshine and natural light. Both provide more energy to the mind and body. Sunshine provides the vitamin D we need.

When you train outdoors, it is also possible to train with friends, colleagues, or family. In addition, training outdoors is an excellent opportunity to meet and be social while exercising.

Exercise outdoors is completely free because fitness parks, sports fields and other outdoor gyms are usually open to everyone - and for free. Outdoor exercise is also good for your wallet.

Being active and exercising outdoors in the fresh air improves physical health. Physical activity outdoors lowers blood pressure and heart rate - and also reduces stress, and provides a higher energy level. It improves mood and ability to focus. Regular exercise in the fresh air will help you fall asleep and improve the quality of your sleep.

YOUR OUTDOOR FITNESS PARK IS HELPING TO INCREASE THE HEALTH AND QUALITY OF LIFE FOR USERS, WHICH CREATES VALUE FOR YOU AND INCREASES THE ATTRACTIVITY AND POPULARITY OF YOUR AREA.

DID YOU KNOW THAT YOU CAN APPLY FINANCING FOR YOUR OUTDOOR FITNESS FACILITY ?



If you are planning to build an outdoor gym, you have opportunity to apply for funding for it.

We are happy to advise and guide you about the application process itself, so that you can quickly find out which funds you can apply for and which funds you can apply through.

Although we cannot help with the application itself, you get at Norwell a unique insight into how to raise the chances of getting your application for funding approved.

We are also happy to guide you about various considerations in connection with planning your outdoor fitness area :

- Who should use the fitness area ?
- What training equipment are right for your area and need ?
- What type of surface do you prefer ?
- What is the price of your wishes ?



DO YOU WANT TO KNOW MORE ?



Are you curious about how your fitness park can be designed, - or do you have any questions, we are always ready for a non-committal talk.

Contact us and we can help you get started establishing an outdoor fitness area in your local area, housing association, park, schoolyard, or somewhere else . . . - whether you are at the start of the project, ready to apply for funding or just get a quote.

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An outdoor fitness park gives the users a better health and quality of life, - it creates value to your area and makes it more attractive and popular.



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