




Outdoor Fitness at school



 To watch the introduction video, click on the image above.

School and Youth in Motion with Norwell Outdoor Fitness



Physical activity and sports play a crucial role in the lives and development of young people. Active participation in physical activity contributes not only to a healthy body but also to positive mental health. For youth, it's not just a way to build physical strength and develop coordination, but it also helps boost self-confidence and improve social skills through collaboration and competition.

Regular physical activity and participation in sports activities have been shown to offer a range of benefits for young people. It helps reduce stress and anxiety, improves mood and sleep quality, and strengthens the immune system. Furthermore, it promotes healthy habits and lifestyles that can have positive long-term effects on the health of young people later in life.

Physical activity and sports are also a means for young people to discover their own strengths and interests. It provides an opportunity to challenge themselves, set goals, and experience a sense of achievement. Through training and competition, young people learn to handle both victories and defeats, which are important life skills.

That's why it's important to encourage young people to participate in various forms of physical activity and sports. Whether it's individual sports, team games, or simply moving and playing outdoors, it contributes to fostering a healthy and active lifestyle that can have positive effects on both the body and mind.



6 good reasons for your students to engage in exercise and outdoor training.

1 Outdoor training boosts the mind and mood.

The body releases endorphins during exercise, creating a kick that can be addictive, and it's not without reason they're called the body's 'happy hormones.' One study has shown that participants became 50% happier when they exercised outdoors compared to in the gym. And it doesn't have to be a long run in the park. Just five minutes of exercise in a green area can improve mood and self-esteem.

2 It reduces stress

Exercising in nature has an immediate impact on stress. The natural sounds of wind in the treetops and the scents in the surroundings have a balancing and calming effect on the mind. Furthermore, scientific studies have shown that regular outdoor exercise is stress-reducing and helps prevent depression.

3 Young people get even more energy

Exercise boosts and provides a sense of renewed energy, and being in the fresh air amplifies the effect. Just 20 minutes outdoors can refresh you like a good and strong cup of coffee, according to studies.

4 Strengthens the immune system

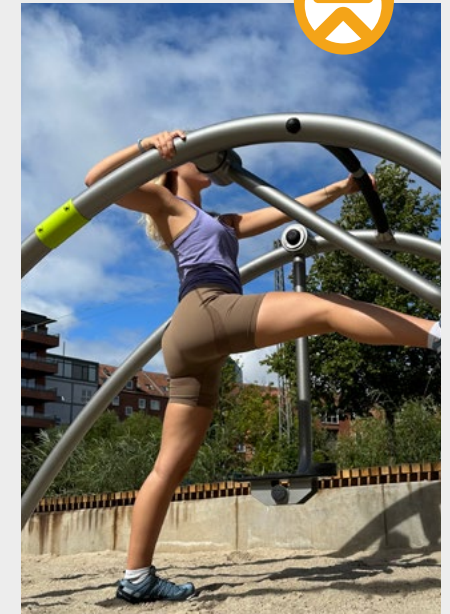
The fresh air is also one of the good reasons to exercise outdoors. When choosing outdoor workouts over a membership card for the local gym, it strengthens the immune system and reduces exposure to too many germs and viruses.

5 Natural dose of vitamin D

Sunlight is our natural source of vitamin D, but during the autumn and winter, the sun shines for fewer hours, and we spend less time outdoors. Therefore, there is a lot to gain by exercising outdoors during daylight hours.

6 The brain is strengthened

The brain gets a good dose of fresh air both from the outside and inside when you exercise outdoors. There is a significant flow of blood and oxygen throughout the body and up to the head. The feeling of clarity in the mind after a workout will be noticeable, and even a sense of improved memory may be experienced.

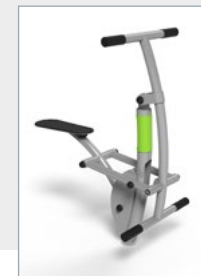
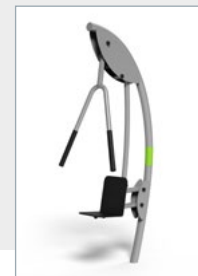




Design and customize a fitness park for your youth, tailored to your needs and outdoor space . . .

We assist with idea development and provide guidance on equipment, installation, and surface materials.

We also offer advice on searching for grants and funding sources and assist with the final assembly.



Suggestions for fitnessparks



NORWELL FUNKTIONAL TRAINING

Norwell's Functional Training package is for a slightly larger budget and a medium-sized area for the park itself (Minimum area: 52m²). The park consists of the large Functional Training facility where multiple people can exercise simultaneously, offering endless training possibilities for the entire body. In addition to the large training facility, there are standalone equipment options for cardiovascular training (cardio), balance, and flexibility.

The park covers strength training, cardiovascular exercise, balance, and flexibility - all with a focus on comprehensive training, resistance training, and bodyweight exercises.

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



NORWELL URBAN 1 PARK

Norwell's Urban-1 package is for a moderate budget and for those who want a park where minimal equipment maintenance is required.

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 a very competitive price and provides excellent value for your money. It covers strength training, cardiovascular exercise, balance, and flexibility - all with a focus on resistance training and bodyweight exercises.

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



Natural
training
with
bodyweight
exercises

Exercise
without walls
and under the
open sky



'Sports and physical activity play a crucial role in the lives and development of young people. Active participation in physical activities contributes not only to a healthy body but also to positive mental well-being'.

'Physical activity and sports have been shown to have several benefits for young people. It reduces stress and anxiety, improves mood and sleep quality, and strengthens the immune system'.

'Physical fitness enhances the health of students and young people, even improving their ability to concentrate and learn'.



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