





Physical activities has a positive effect on our quality of life, and as seniors it is even more important to maintain and improve physical and mental wellbeing.

Anyone can join - it takes no upper or lower limit of physical ability to exercise on the stations. the Norwell outdoor fitness quipment is for all people who want to enjoy natural exercise and training outdoor.

#### the benefits of outdoor fitness

Maintaining and training your body has never been easier - and an outdoor fitness park is free to use and available at all hours, and will quickly become a natural meeting point for all people - no matter age. Outdoor fitness is truly the natural path to an increased quality of life, and healthier community.

### danish design

Representing the quality of Danish Design, every fitness station contributes to an aesthetic experience due to tis simplistic and timeless design. The main element of our design

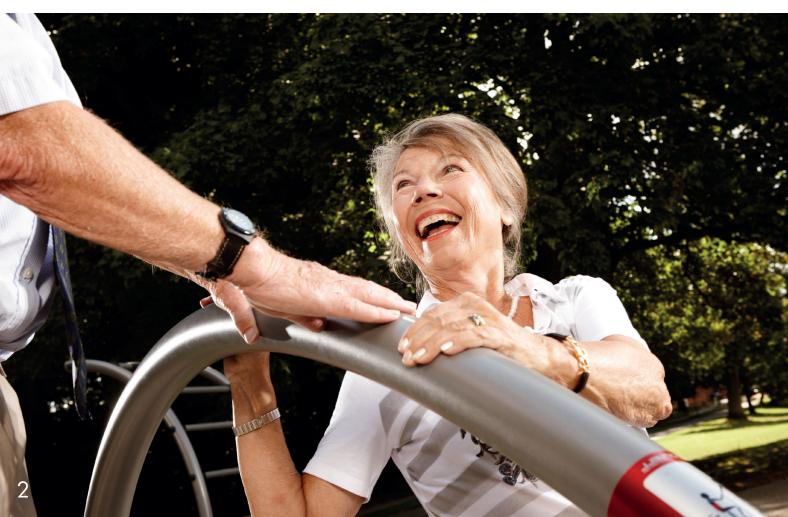
- the curve - creates a lightness and transparency that makes it suitable for any environment.



The full moement of all mechanical parts combined with the fact that all our fitness stations use one 's own body weight as resistance, creates the highest level of functionality.

All exercises can be performed to one 's own ability, without risk of injuries, and as a result, you will get the very most out of your workout.







### healthy aging

To have a healthy aging is on everybody's wish list, and the key is maintaining the body through exercise.

A Norwell Outdoor Fitness park can provide an important benefit to all senior communities: e.g. healthy outdoors activities, socializing, adding movement into everyday life, helping maintain indepence, and improving physical and mental well being.

### fitness for all

Anyone can join - our intuitive stations are designed for all, from those challenged by physical limitations or illness, to the rather fit and mobile.

### we suggest a package deal

We suggest the NorwellSenior package for the grounds of senior homes.

A 6-pack set suitable for seniors to maintain health and stay active. - or we can customize exactly to your needs and outdoor area. Contact us for more options and information.







READY-MADE AREAS FOR ACTIVE AGEING EXERCISES



# SENIOR SPORT- ELDERLY sport equipment for outdoor physiotherapy

Senior Sport equipment strengthens the motor skills and manual dexterity of the elderly. They offer sensible forms of activity, which also enhances mental well-being.

Training muscle tone, balance and motor skills are good for the elderly, both mentally and physically. Geriatric research has shown that the fear of falling increases the actual risk of doing so.

Thus, increasing confidence through physical training can create a positive spiral. Active ageing exercises also guarantee senior citizens a more independent control over their lives.

When you have no problems buttoning up your shirt or doing your everyday shopping, you know you have better control over your own life.

For senior citizens within our line for adults, we have recommended a range of fitness stations for senior citizens (65+). These stations have a resistance and functionality very well suited for maintaining and improving the physical wellbeing of senior citizens.

(Find the recommended equipment page 8).

SENIOR CITIZEN









## OUR MISSION: MOVEMENT FOR EVERYONE

The Senior Sport areas fulfil our mission to have people of all ages moving. The idea behind Senior Sport is also to offer different generations a natural way of spending time together.

Therefore, Norwell's range within Senior equipment has been designed on the basis of research data collected on the everyday lives of the elderly people and children.

In other words, the Senior Sport area is the perfect place for children and grandparents to play together.





# Senior Fitness – Designed for all abilities

In our Fitness range we also provide a number of low impact fitness products, which are designed for people of all abilities. For Seniors the equipment for instance help in need of movement-based exercises, flexibility, strength, coordination and re-building muscles.



Adding an outdoor gym to your park or recreation areal is a great way to encourage healthier lifestyle for your residents. Outdoor workouts offer a number of advantages compared to indoor workouts, from increased fresh air and natural sunlight to improved mental health and reduced stress.

Moreover, the outdoor fitness equipment requires a minimum of maintenance, and are at the same time more environmentally friendly; - Installing an outdoor fitnesspark in your senior community could lead to healthier and happier residents.







### Outdoor Fitness for Senior Homes

A Norwell Outdoor Fitness park can provide an important benefit to all senior communities: e.g. healthy outdoors activities, socializing, adding movement into everyday life, helping maintain independence, and improving physical and mental wellbeing.

We can help tailor and customize for your specific needs and can help design for all abilities.

For the case Hospice Denmark below, we met the needs by combined the Balance step blocks with the Twister bows to give the user the feeling of safety when training balance by having the bows to hold on to and feel safe.









## OUTDOOR FITNESS EQUIPMENT FOR ACTIVE AGEING















NW202

NW 101



Rider

NW206







Bench NW501B



Нір

NW204

Combi 3 NWC605



Combi 5 NWC609



Hand Cycle NWS 113



Tai Chi



Find more inspiration on our website.
- please contact us for more information or specific requests.



www.norwell.dk