



FreshairFitness

The outdoor gym specialists



SEN School Outdoor Gym Equipment

01483 608860

www.freshairfitness.co.uk

Why work with us?

- ✔ An experienced and professional team, since 2007.
- ✔ Inhouse end-to-end service, from site inspection, design, manufacture, installation to aftercare.
- ✔ Full-service offering including removal of end-of-life equipment/trim trails, and surfacing solutions as required.
- ✔ Bespoke solutions for children and adults of all ages and abilities.
- ✔ Equipment options for wheelchair users.
- ✔ Long warranties and optional maintenance packages.
- ✔ Expert team to discuss funding options.



"Using the equipment alone provides a place for pupils to spend some time to regain composure and motivation for learning."

Deborah Proudfoot,
Assistant Head Teacher,
Carwarden House

Fresh Air Fitness have worked with many SEN schools and departments across the UK, providing appropriate solutions for all ages, from primary years to adults. We understand that each setting is unique, and our expertise and experience, coupled with our broad product offering will allow us to provide the right outdoor gym solution for you.

Why an Outdoor Gym?

Using an Outdoor Gym supports the four broad SEN categories as follows:



Communication and interaction – exercising outdoors in the fresh air in a stress-free environment encourages camaraderie, builds trust, boosts morale and engages children in a fun and relaxing way.



Cognition and learning – exercise can change the brain, helping to promote good cognitive function and memory. That includes both long-term and short-term memory.



Social, emotional and mental health difficulties – outdoor exercise can help ward off seasonal affective disorder (SAD), depression and anxiety because sunshine naturally increases serotonin, a hormone that affects your mood. Exercise also produces endorphins, feel-good hormones that boosts mood and reduces pain.



Sensory and/or physical needs – children move a lot, and this movement builds their physical literacy. Physical activity is wonderfully stimulating for children of all abilities and the direct benefits are universal for every child.

"From day one all students were drawn to these exercise machines... thank you for making a real difference."

Keith McKenzie, Head Teacher,
Hall School, The Hive
College SEN school



Success stories

Read some of our **Success Stories** to find out how our outdoor gyms have enhanced learning and the physical and mental health of pupils in SEN schools across the UK.

We also have a range of promotional packages available, see our latest **Special Offers** on our website for more information.

"We have been so pleased with our new equipment and thank you for a smooth installation. The students have gained so much from the equipment in terms of mental wellness, fitness and preparing for adulthood."

Nici Cutler, Hive College,
Wilson Stuart UCB
Partnership Trust



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"The equipment has been very popular, more popular than some thought it would be. The outdoor gym has helped the children to get more exercise, more fresh air and to refocus attention ready for learning."

**Deborah Proudfoot,
Assistant Head Teacher,
Carwarden House**



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