



DENFIT FOR SENIORS



DENFIT

OUTDOOR FITNESS

Exercising gives a good feeling

Sports and exercise helps you to stay fit, even at an older age. It helps you to maintain a good condition and to feel physically and mentally fitter. It also reduces the chance of (chronic) illnesses. Vital aging also has the advantage that you can continue to do the activities that you like to do.



Sports and exercise also gives energy. Both literally and figuratively. Using your body and brain actively gives you a feeling of satisfaction. Most people feel much better after exercise. This has to do with the fact that during the movement the substance 'endorphine' is produced in the brain. This makes you feel better, because you are more relaxed and feel satisfied. Another reason to exercise more is the feeling that movement can give and the sociability that movement entails.



Prevent and cope with diseases

Regular exercise is one of the cheapest and best ways to get and keep a better health. Physical movement is good for the heart, blood vessels and lungs and reduces the risk of chronic diseases such as cardiovascular disease, type 2 diabetes and cancer. But it can also have a beneficial effect on people who already suffer from a chronic condition. Think of heart diseases that are related to arterial calcification, but also old age diabetes, osteoporosis, stroke and depression. For people with arthritis, physical movement can even reduce pain. Exercising with consideration is advised: know and respect your limits.

Longer self-reliant and independent

Everybody who moves moderately intensively for 2.5 hours (150 minutes) each week keeps his muscles and stamina up to standard. In addition, it helps you stay independent and self-reliant for a longer time and reduces the chance of fractures and other physical limitations.

Moderate intensive exercise consists of activities in which the heart rate goes up, but during which it remains possible to talk. Examples are walking and cycling at a leisurely pace, but also housework, gardening and exercises on the chair.



Benefits of sports and exercise:

- ✓ It improves mood and gives energy.
- ✓ It is good for blood circulation, breathing, muscles, joints and bones.
- ✓ It improves walking speed.
- ✓ It increases resistance and helps to get rid of stress.
- ✓ It improves the balance, which reduces the risk of falling.
- ✓ It is good for mental health and contributes to independence in later life.



Denfit has got a big range of user friendly training units for seniors.
In this brochure we show a selection of it.

MotionPlus

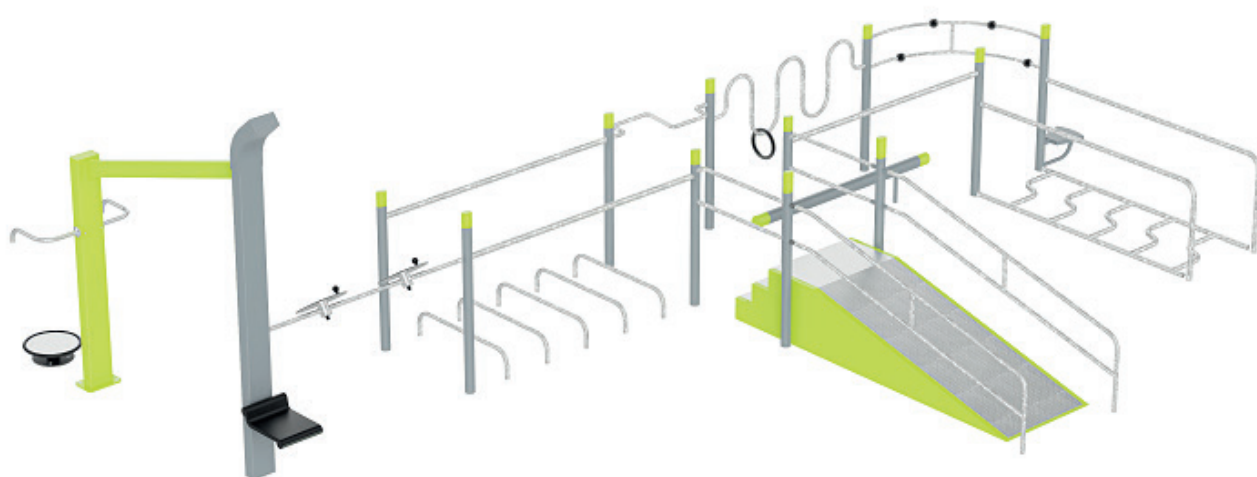
The Denfit MotionPlus is a user-friendly training unit for seniors. It is specifically designed for the elderly to keep fit and healthy, while at the same time enjoying social interaction. Building strength, flexibility and balance through the use of MotionPlus reduces the risk of falling of older people.

The MotionPlus offers multiple exercises to train fingers, hands, wrists, arms and shoulders. Next to this there are several exercises which help to improve balance and flexibility. The stairs and ramp give stronger muscles in the legs.

The standard product includes: Ramp with stairs/Walking bridge bars/Balance beam/ Wavebar with ring/ Arm-wrist exercise/Handbike/5x hurdle/WaxonWaxoff/Balance board/seat/step up plate/Jump touch bar and finger exercise.

It is possible to add exercises like a Stepper, Wheel and Twister, or leave out certain exercises.

Please contact us for the possibilities, info@denfit.nl.



UrbanGym

Denfit Gym is a body weight resistance based training system which offers perfect training units for seniors. It can be used in a variety of ways to execute different exercises for a complete body workout. Just follow the instruction pictogram to guide you through the exercise. The devices are easy accessible and stand out for its modern and contemporary design



UrbanGym Combi's

Combinations of 2 or 3 UrbanGym products giving lots of training possibilities on limited space. Working out together with friends, neighbours or total strangers, who become training buddies. If you train on a device, you are quickly in contact with others and you can motivate each other. Friendly competition, social interaction, motivation, new ideas and a fixed routines to get fit and stay fit.

Gym combi 1
RowFit-HandBike-BalanceBoard



Gym combi 5
PowerPull-StepUp-BikeFit



Gym combi 14
WaveWalk-StepWalk



Gym combi 20
TwistOut-WaxOnWaxOff



SportPoint

With these fitness products you bring the indoor gym outside for a complete workout whenever you want. Strength training creates stronger muscles and this is important for seniors, because from the age of 50 to 70 a muscle loss of around 10 to 15% occurs. From the age of 80 that is even 30 to 50%! By losing muscle mass, you get stiff joints as an older person, and also a less strong body.

Pectoral



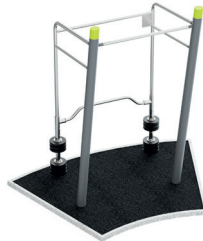
Multifit



Cardio Row



Upperbody Inclusive



FitPoint & PaceWalk

Are perfect options when the available space is limited and make a good solution for developing fitness zones in urban environments, even in the city centre. FitPoint offers 8 different exercises, 3 of them with adjustable resistance and offers a full body workout. On the PaceWalk 4 users at the same time can focus on training the lower body while chatting away with the other users.

FitPoint



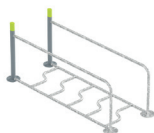
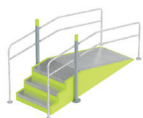
PaceWalk



BasixFit

Denfit BasixFit offers a range of static devices especially designed to keep elderly fit and healthy. The focus is on balancing, rotating and coordinative (stairs) walking. Building strength and flexibility reduces the risk of falling, leading to a better quality of life. Getting active is not just about adding years to your life, it's about adding life to your years.

Stairs with Ramp Walking Bridge Bars



Stairs

Balance Beam Bars



MultiGym



Nature Fitness

Nature fitness is the next step to a more ecological way of thinking. This UrbanGym based line with sustainable and environmental friendly responsible wood with the FSC® certificate. With Nature Fitness you are able to create urban spaces with a natural look and the products are easily accessible for people of all ages. Being in the forest while doing a workout makes you feel that you are part of nature itself.

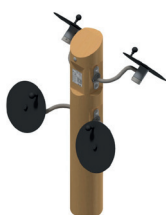
BikeFit Senior

StepUp



RunFit

WaxOnWaxOff Double



"We don't stop exercising
because we grow old, we grow
old because we stop exercising"



DENFIT IS PROUDLY MANUFACTURED AND DESIGNED IN THE NETHERLANDS

For questions and more information:
info@denfit.nl / www.denfit.nl

Certified according to EN16630