

Outdoor Fitness

STUDENT & COMMUNITY BENEFITS



Outdoor gyms on school campuses encourage physical activity, strengthen social connections, and bring energy to a place fundamental to a teenagers growth and development.

Not only do outdoor gyms benefit students in their free time, but they can also be incorporated into Phys.Ed lesson plans, and used as spaces for varsity athletes to train.



As schools serve as community hubs within their neighborhoods, outdoor gyms extend their impact by indirectly benefiting the surrounding community, fostering wellness and engagement beyond the students and staff.

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STUDENT & COMMUNITY WELLNESS APP

The digital app that accompanies Outdoor-Fit's equipment offers a range of wellness-specific programming related to physical, emotional, and spiritual health.

As a department, you can customize and tailor the app to your school's identity and objectives. You can also monitor and track user insights and engagements for a truly comprehensive wellness solution.

The gamification experience of our app resonates with teenagers, encouraging exploration and learning of wellness and physical activity fundamentals.

- ★ On demand workouts
- ★ Links to Apple Health & Google Fit
- ★ Monitor engagements with user insights
- ★ Robust library of wellness content
- ★ Host challenges between classes, or schools
- ★ Share school announcements on community feed

