

# Denfit Outdoor Fitness

## Fitness and seniors



The benefits of sports and exercise  
for seniors

**DENFIT**  
OUTDOOR FITNESS

[www.denfit.nl](http://www.denfit.nl) | [info@denfit.nl](mailto:info@denfit.nl)

## Exercising gives a good feeling

Sports and exercise helps you 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 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.



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# 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 longer and reduces the chance of fractures and 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 in the garden, 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.



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# Denfit products for seniors

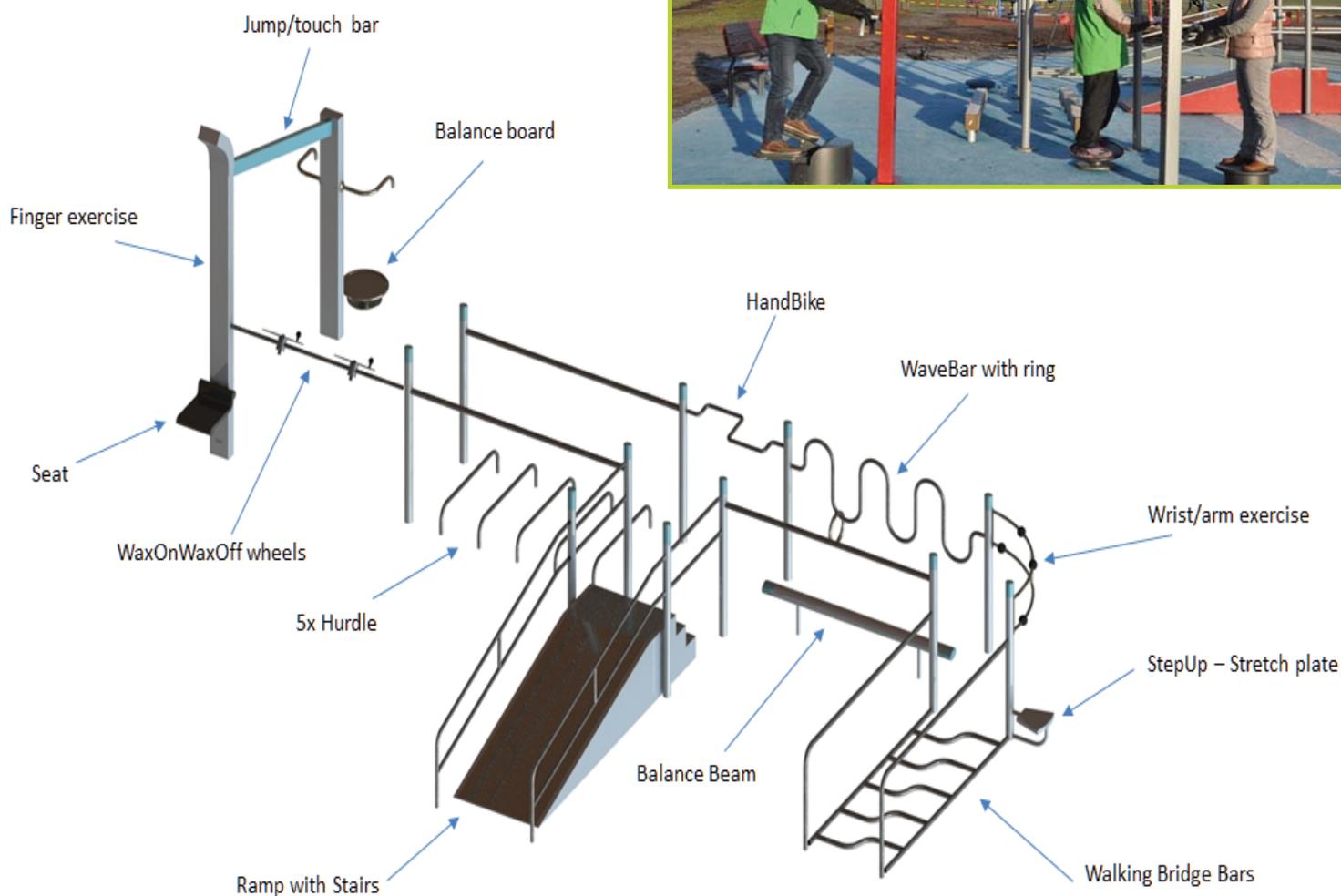
## MotionPlus

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 more information, [info@denfit.nl](mailto:info@denfit.nl).



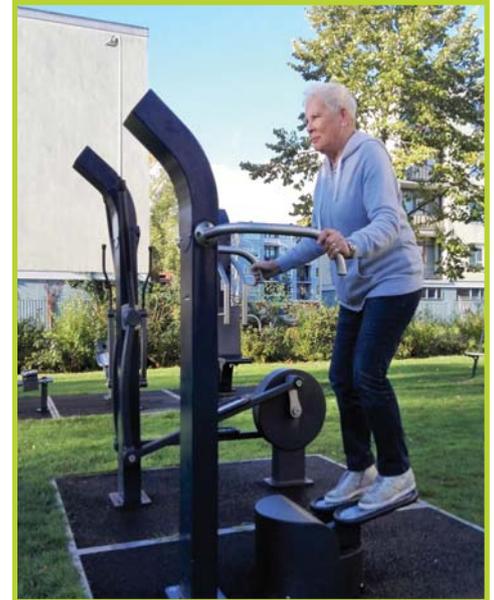
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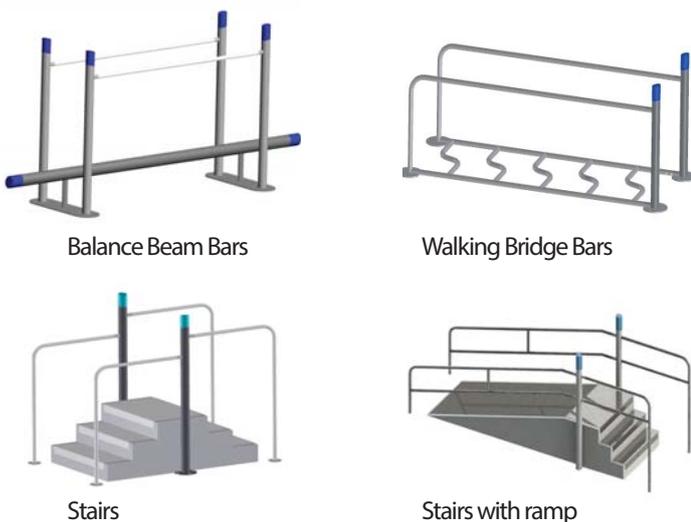
## Gym

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.



## Basix

Denfit Basix offers a range of static devices to keep elderly fit and healthy. The focus is on balancing, rotating and coordinative (stairs) walking.

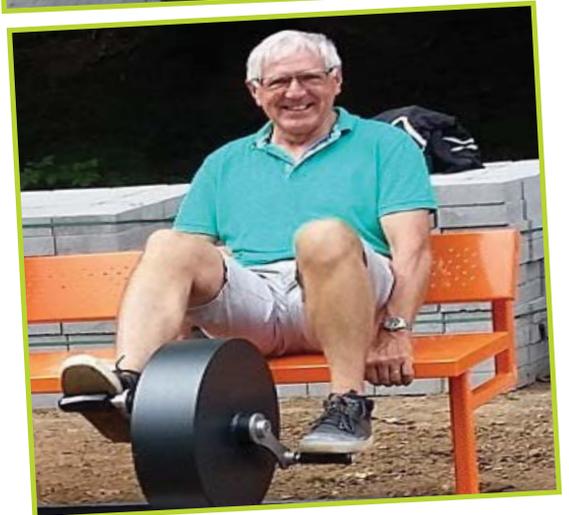


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# Denfit Outdoor Fitness

The diversity of our product range gives numerous possibilities for establishing a perfect outdoor fitness area. All our devices meet the norm for “Permanently installed outdoor fitness equipment”, EN16630.



Check out our website for more fitness products



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