

SHAPING THE FUTURE OF FUN AND FITNESS

Have you become bored with stationary exercise bikes and indoor treadmills on which you run for miles and still stand at the same place? Feel like your movements are restricted in an enclosed room and you want to be able to cleanse your lungs with fresh oxygen while you're working up a sweat? If so, then the solution is right outside your front door.



Take it outside...



It's true that we are all being conditioned to everything becoming remote-controlled, hi-tech and automated. Although the convenience and genius of it is wonderful, it makes it easy to forget that the simple alternatives are often the best. And there is no better example of this than in the health and fitness industry, where high tech gadgetry is now the accepted standard at gyms and fitness clubs. But the tide is beginning to change... more and more people are appreciating the benefits of working out in the great outdoors, using simple and inexpensive outdoor fitness equipment and simply getting their daily dose of fresh air. In countries like Korea, Japan, Germany, America and Australia you can find outdoor fitness equipment and or 'exercise stations' in use at almost every park, and in schools, universities, community centers and at beach resorts. Based on the principle of body weight as a resistance instead of using weights, outdoor fitness equipment provides a complete fitness and recreational

workout; building upper body, leg and back strength, enhancing agility, flexibility and endurance. Installed individually or as a cluster of exercise stations spaced along a fitness trail, the equipment is built robust to ensure it endures the extreme conditions of the Middle East. In partnership with the world renowned Korean company Meglio UnionLand, the team at Raymond Sport bring the best of the gym to the great outdoors. With sleek, intuitive designs complementing any natural setting, the superior range of outdoor fitness equipment provide a tailored workout for children, teens and adults of all fitness levels. Get Active, Get Fit and Take it outside today. Watch this space as The Public Garden at Al Mirfa, Abu Dhabi Western Region Municipality is set to become the showpiece of outdoor fitness in the UAE of 2011. For more information contact Chandra Sekaran at Raymond Sport on +971 4339 1331 Ext 104 or email him at chandra.sekaran@raymond.com - www.raymondssport.com

Designed to complement any natural setting, our range of fitness equipment is built tough to ensure people all ages and stages of physical fitness can shape their future.



• GARDENS •



• PARKS •



• BEACH RESORTS •



• SCHOOLS •

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Meglio Unionland is a certified member of I.P.E.M.A (International Play Equipment Manufacture Association)

