

BETTER HEALTH >>>> HEALTHIER COMMUNITIES

USER BENEFITS

PHYSICAL HEALTH

- Reduces cardiovascular disease risk
- Builds lean muscle and aerobic fitness
- Improves exercise adherence
- Increased energy

MENTAL HEALTH

- Increased serotonin levels
- Boosts overall mood and well-being
- Improves concentration
- Increases mental acuity
- Greater feeling of revitalization and positive enjoyment

SOCIAL

- Provides opportunities for fitness classes
- Encourages motivation and support
- Attractive to new users and beginners



FACILITY BENEFITS

ATTRACTIVE

- Recruits new patrons with value-added amenity
- Exhibits facility's commitment to health of patrons
- Provides a new way to exercise

ECONOMIC

- Expands amenity offering with low installation costs
- Eliminates costly indoor utility fees
- Provides options for revenue generation through trainers

DIVERSE

- Encourages a wider variety of users
- Builds positive community equity for facilities



A TRAINER'S POINT OF VIEW

In order to gain insights from a fitness trainer's perspective, we asked **Tonya Martin, CI, CPT**, to develop a specialized workout utilizing ACTIONFIT equipment for her weekly boot camp class. The following pages feature different QR code links to video excerpts, demonstrating ACTIONFIT being used by Tonya's clients who span multiple fitness levels, ages, and skills.