

# Knowsley Centre of Excellence

## 15 Diverse Fitness Sites Across Knowsley

Client: Knowsley Borough Council

Address: Across 15 Sites in Knowsley (Available on Request)

Budget: £300,000

Age Range: 14+ Years

Case Study Video Here 

### Project Story

Knowsley Borough Council wanted to deliver 15 diverse fitness sites under the Green Gym Initiative. They knew through statistics that Knowsley was suffering from high inactivity levels and they wanted to address this. They strategically chose 15 sites across the borough, 14 of which were in some of the most deprived areas; that would allow all residents to benefit from free, accessible and quality leisure facilities. The council wanted each site to be bespoke and unique to the varied environments. They wanted great care and attention given to the choice of equipment, aesthetic fit and also the quality of the product.

In 2013 Knowsley adults were identified as exercising less than the national average, the average life expectancy — Men 56.9yrs and women 57.5yrs. 23% of deaths were caused by cardiovascular disease.

We partnered with Knowsley Council to produce 15 unique and impressive sites which will cater for the whole community providing 146,000 residents with free, accessible and quality fitness facilities within 10mins from their home.

After



“ Part of the reason we chose Proludic as our partner was the diverse range of equipment that they could offer. They have delivered a brilliant project that will help benefit the community for years to come. ”

- Caroline Davies, Public Open Spaces Manager







Spinning Bike



Trim Trail



Vitality Station



## Proludic Sport App

The FREE app, called 'Proludic Sport', is available to download on both Android and Apple/iOS devices. It has been devised to simply and easily allow users to monitor and track their exercise on Proludic sports equipment. Earn rewards by exercising, compete with other users and communities across the country.

- Detailed descriptions of the equipment
- Recommended workout routines
- Pre-designed workouts
- Customisable workouts
- Apple health integration
- Community and personal leader boards
- Challenge your friends
- 30+ unique exercises.