

CLIENT	Rushcliffe Borough Council
BUDGET	£120,000 for Play and Fitness Facilities
FUNDING	Council Funding
AGE RANGE	All Ages and Abilities

## Fitness at it's finest!

*"Fantastic Way to get fit this summer! Everyone should give it a try. It's fun and active - it's brilliant!"*  
(Jake Wood, South Nottingham College studying CYQ Level 3 Diploma Personal Training Course)

### SUMMARY

The success of the Bridgford Park revamp has resulted in people coming from all over to use the fitness equipment - including local colleges and schools using them for tailored fitness sessions.

### PROCESS

This case study allowed us to work with personal fitness students at South Nottingham College and witness how they used the fitness equipment - giving us feedback and encouragement to continue to improve outdoor fitness for communities.

### OUTCOME

Bridgford Park was completed May 2011 and has been wonderfully received. This green space is important to all the residents of West Bridgford and Proludic have acknowledged this by catering for all ages - from toddler to elderly there are benefits to be had from using the carefully selected equipment.

The fitness equipment has provided the whole community with a place to exercise outdoors at no cost with maximum fun!

### CUSTOMER COMMENT

*"Personal Training is becoming a very popular concept nowadays with people becoming more and more aware of good health and the importance of maintaining an active life. Unfortunately, having a Personal Trainer can be very expensive...especially if it is alongside a Gym membership. In light of this, we train our students to work with clients in an 'outdoor' environment so that everyone can access a Personal Trainer (not just those belonging to a Health Club).*

*Proludic allows outdoor Personal Training sessions to be even more exciting and varied with the variety of equipment, specifically made for fitness training, becoming available in parks. There is a wide variety of equipment which allows us to train various components of fitness within each session (cardiovascular training, strength training and also equipment to help with motor skills.... balance skills, for example). It is an exceptional concept which the students love to use and even train personally on!"*

(Bridgette Jones - SNC Course Leader)





Fitness at it's finest!

Rushcliffe Borough Council/ South Nottingham College



*"The aim for the Bridgford Park fitness trail was to create an outdoor fitness area for the whole community to ensure all ages and abilities can participate in different fitness activities and to further enhance the existing fitness equipment."*

