



081415M HIP SPRING

SENIOR SPORT

More movement for improved life management

Lappset Senior Sport equipment strengthen the motor skills and manual dexterity of the elderly. They offer sensible forms of activity, which also enhances mental well-being.

It is in the interests of all of us that senior citizens have easy access to exercise equipment, and, above all, it is in their own best interests. Training muscle tone, balance and motor skills are good for the elderly, both mentally and physically. Geriatric research has shown that the fear of falling increases the actual risk of doing so. Thus, increasing confidence through physical training can create a positive spiral. Exercise also guarantees senior

citizens a more independent control over their lives. When you have no problems buttoning up your shirt or doing your everyday shopping, you know you have better control over your own life.

Our mission: movement for everyone

The Senior Sport areas fulfil our mission to have people of all ages moving. The idea behind Senior Sport is also to offer different generations a natural way of spending time together. Therefore, this range of equipment has been designed on the basis of research data collected on the everyday lives of the elderly and children in day care. In other words, the Senior Sport area is the perfect place for children and grandparents to play together.