

HELPING KIDS PUMP UP

Exciting equipment for pint-sized members

As increasingly sedentary lifestyles, a shortage of physical education classes, and rampant obesity continue to threaten the health of the nation's youth, manufacturers are responding to the need with equipment and programs created specifically for kids. With machines designed for children's bodies and movements, and programs that emphasize having fun, the goal is to instill a love for fitness at an early age. Among the many appealing options available are the following:



efi Sports Medicine

efi Sports Medicine's new GRAVITYouth Series is an innovative club program that's designed to help kids exercise, learn about their muscles, and get in shape for sports. The program features two age-

specific workouts: Secret Circuit, for children ages 7-11, and Sports Circuit, for adolescents ages 12-15. Both 30-minute workouts are performed on efi's GTS unit, an incline glideboard and cable pulley system that uses an individual's body weight to provide resistance.

"The GTS really makes the difference," explains Tom Campanaro, the president and CEO of efi Sports Medicine. "The kids get to take themselves for a ride on the same piece of equipment the adults use, and they can be just as successful. The principal advantage of the GTS unit is its unique design; it accommodates users of all ages, sizes, and physical abilities, without any modifications." **Contact: www.efisportsmedicine.com or 800-541-4900**



Gerstung

The key to Gerstung Fun Fitness equipment is its versatility. Children think of it as a kick, while also enjoying a complete workout. The Zip Track becomes a

leg press; the Vortex acts as a sit-up machine; the We-Saw strengthens biceps and triceps by working against the weight of one's partner; and the "Fit Pump" works legs and arms by pumping a disk up a clear plastic tube. The arrangement of each 12-machine circuit can be changed easily, and/or frequently, to create a variety of exercise environments.

"If kids don't have fun, kids don't want to do it," insists Siegfried Gerstung, the executive director of the company. "Over the past 40 years, we at Gerstung have developed equipment and components that create fitness 'playground' circuits for 7-13-year-olds. This equipment provides exercise, while encouraging teamwork and one-on-one competition—all just for the fun of it. Kids enjoy it so much that they don't realize they're getting a workout." **Contact: www.gerstung.com or 410-337-7781**



Hoist Fitness Systems

Hoist Fitness Systems' nine-piece KL line of selectorized equipment was developed from the ground up for children—not simply scaled down from adult versions. Each piece in the KL series limits joint isolation

through compound multi-joint exercises, reducing the stress on any one joint. The line is intended to provide traditional fitness conditioning that replicates a child's normal play-time activities: e.g., running, jumping, or climbing on a jungle gym. The designers' goal is to help kids develop stronger muscles and bones, and improve their overall health, while reducing the risk of injuries during normal activities.

"Our hope is that we can change children's perception of physical training by making the exercise experience fun," explains Bruce Kaplan, the national sales manager for Hoist. "This, in turn, will instill in them the importance of a health-and-fitness lifestyle at a young age. The KL children's line is a step in the right direction," he points out. "Its unique biomechanical motions not only target the proper muscle groups, but also make kids smile—it's like being on a ride." **Contact: www.hoistfitness.com or 800-548-5438** ▶