

# Playground & Park

## Activity Stencils

The Fitness FunZone® and the Fitness FunZone® Trail are the brainchild of a collaborative effort between Sandy Spin Slade, Inc. and Peaceful Playgrounds, Inc. These one-of-a-kind pavement design systems include a wide range of circuit activities and can be modified to suit any age, fitness and health of each participant.

# Fitness FunZone®

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## Fitness FunZone®

- Activity Court Designed to Accommodate 1 to 50 Children
- Includes Multiple Game and Activity Applications
- Incorporates Fitness and Nutrition
- Targets Grades 1-6
- Fitness FunZone® Includes:
  - 12 Fitness Stencils
  - 12 Jump Rope Stencils
- Four Corner Court
- Nutrition Activities
- Jump Ropes, Beanbags, Dice
- Site License
- Nutritional Cards
- Activity Manual
- Fold-Out Blue Print
- Circuit Training Music
- Instructional DVD
- Paint Machine Including White Spray Paint
- Convenient Storage Backpack
- Fitness Skillastics® Activity Kit




View Lesson Plan

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## Activity Stencils

One of the best strategies for getting children more active is to change the environment, making physical activity easy and convenient. The Fitness FunZone® Trail is an affordable and permanent solution to making physical activity accessible for all.

# fitness FunZone® TRAIL



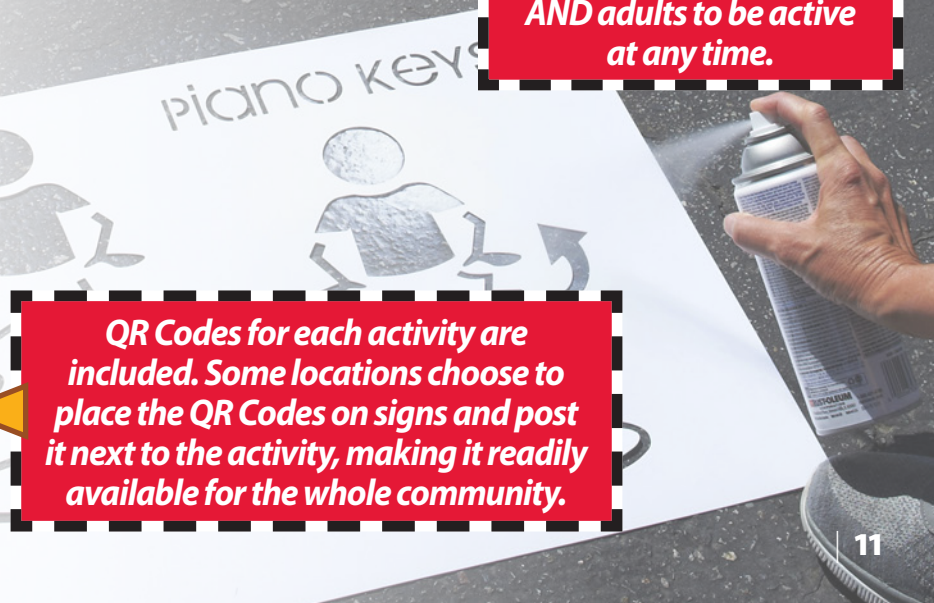
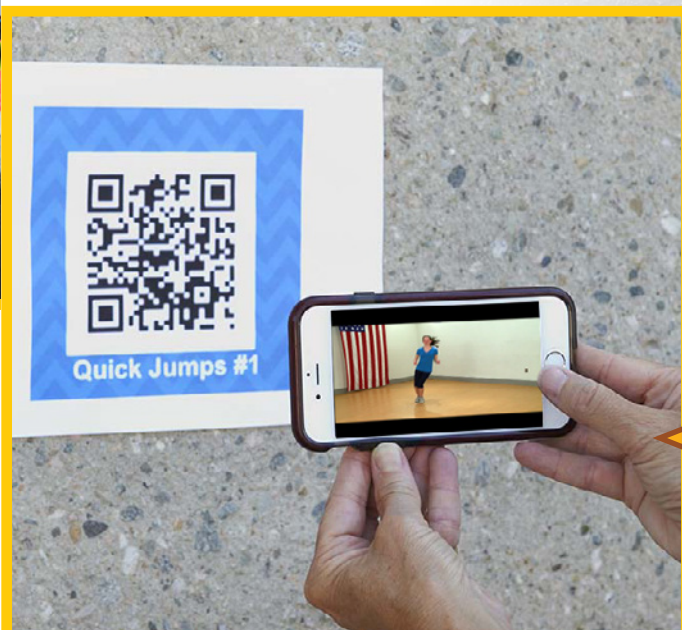
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## Fitness FunZone® Physical Activity Trail

- Fitness FunZone® Includes:
  - 12 Fitness Stencils
  - 12 Jump Rope Stencils
- Paint Machine
- 6 Cans of Contractor Quality White Spray Paint
- Suggested Layouts
- QR Codes to Scan with Your Smart Phone to See Demonstrations of each Station
- Site License



The Trail consists of 24 physical activity stations which can be configured to meet your needs. Activities can be scattered throughout a playground or park, making it easy and convenient for children AND adults to be active at any time.



QR Codes for each activity are included. Some locations choose to place the QR Codes on signs and post it next to the activity, making it readily available for the whole community.