



News Release

TV Celebrity opens Fitness Area at St Phillips!

St Phillips Special Needs School in Chessington, Surrey recently purchased several items of the Outdoor Fitness range from Innovative Play and Sports equipment manufacturer Record RSS. The school benefited greatly by funding from the Wooden Spoon Charity which helped to move the scheme forward. Television presenter and Surrey Honorary President of Wooden Spoon, John Inverdale officially opened the facility in front of over 50 excited pupils.

Neil Mears, responsible for physical education at St Phillips, wanted to provide a range of activities aimed mainly towards the older students that would be exciting, challenging, provide long term interest, and also be safe and simple to use. The items chosen, encouraged the students to raise their levels of fitness while participating in a varied range of enjoyable activities.

Record RSS Area Manager, Alan Eastell originally put forward the proposal of The Outdoor Fitness Range, as it offered everything Neil required; helping to improve balance, hand eye co-ordination, flexibility, and also developing social interaction between the students.

As St Phillips School is a special needs school for children and young adults up to 19 years old with a wide range of abilities, it was important to provide equipment that offered varying degrees of challenge. The items chosen provide a balanced range of activities that benefit the whole body, and provides cardiovascular, strength and toning benefits using the resistance created by the users own body weight, making the equipment a lot safer than others, where resistance levels can be altered and weights increased, causing possible strain injuries. The equipment has been so successful that the school are already looking to the future to add additional items.

Alan Eastell also added: "Increasing activity for all people, regardless of age, has to be encouraged if we are to raise our levels of fitness and enjoy the benefits it ultimately brings. The Outdoor Fitness Range has been launched to support the need for cross generational fitness provision within our parks and public spaces. It makes training and informal workouts accessible to all."

The Outdoor Fitness range consists of ten individual stations based on popular gym apparatus, all of which are intended to provide exercise for individual muscle groups. It has been designed to be permanently installed outdoors, and to be free for all people to use, helping to encourage fitness and healthy living in today's busy environment. With a range in a park, a college, or even a jogging track, it is now easy for people to stop on their way home from work to exercise!

For further information please contact: Gary Wallis, Marketing Manager Record RSS
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Record RSS is proud of its enviable reputation as a market leader in the provision of innovative and reliable play solutions. Record RSS is committed to providing safe play equipment for children of all ages who now demand more fun, increased challenges and stimulating equipment to mirror their influences and aspirations.

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