

Testimonials

Vicky G now has 5 pieces of the equipment in her daycare and is running 15—30 minute mini “Curves” circuit classes as part of her children’s daily physical activity sessions. She says “I put the equipment in a circle and get the kids to take a minute on each piece before moving to the next one, and I even get my 30 minutes of exercise on my exercise bike too”. Vicky also uses the equipment with her own children and husband at weekends, and not only is she enjoying getting active at home with her family for the first time in two years, it has encouraged her and her husband to re-join their local adult gym.

Lori O owner of Essential Motion Gym in Oakbank has purchased 7 pieces of the equipment and Lori will be running mini “Curves” circuits for her gym member’s children. The classes will begin with Lori asking the children who had a good breakfast, and explaining how important it is to eat well, they will be taken through a short warm up of simple actions like jumping up and down on the spot, half of the class will begin on a piece of the equipment, and half of the class will begin at the interval stations which will consist of bosu balls, or jump ropes on a mat, and the children will get 30-45 secs on each station, and then rotate to the next station. The circuit is followed by a cool down with simple movements and stretches. This class will also be offered so that when the mom’s come to work out at the gym, the kids can do their own ‘work out’ alongside their mom too.

A circuit demo was performed in November of 2008 and after the class the kids were asked what their favourite piece was and they all said that they loved the routine. Lori’s son had been driving her mad with excitement as he could not wait for her to get the equipment and start running the classes.

Lisa N Executive Director of a Winnipeg city school is excited at incorporating the equipment into each of her school classrooms, so that each class has its’ own Gross Motor Corner which will allow the children to let off some steam in a controlled environment that is supervised by the teacher. She said “We are forever telling our children not to run in the hallways, and having a treadmill in the corner of the classroom will enable them to do this safely”. Not only will the Gross Motor Corner help to develop the children’s mobility, coordination, balance and physical wellbeing, but the equipment will contribute significantly to Winnipeg schools ECERS-R ratings.

Lisa commented “If we have equipment in each room, we do not have to set up a specific gym at the school which will tie up one of our classrooms and which will mean we have to schedule visits to the gym into the already full curriculum”.

Lisa commented that the younger children were super excited when they saw the bigger equipment and were heard saying “wow, do we really get to use the big stuff when we are older, that is so cool”.

Kirk B who works as a Phys Ed teacher in PLPSD, purchased 15 units to complement and enhance their existing curriculum and they intend to rotate the equipment round their school division and hope to purchase more units in 2009.

Lyla R of Fort Rouge Coop Day Nursery, Winnipeg was so impressed by our equipment that she has incorporated several pieces into her daycare, and when we delivered them the children were trying to climb onto them as we carried them into the building. As soon as we had positioned them in place, the children were lining up to use it and Lyla has not been able to get the kids off the equipment.

At our original demo at the centre, there were lines of children wanting to have a go, and the children would come up to us to ask the others to get off so that they could have a go, or they would get upset that one of their friends was ‘taking too long and when would it be their turn’.

Schools in the LSSD have purchased complete sets of the toddler and junior equipment to enhance and develop their OT and PE facilities for their special needs students and in particular to benefit their students who have autism.

Teachers at one of the schools mentioned that one of their special needs students was a very reluctant exerciser and that it was easier to pull teeth than to get him to exercise, but at a recent demo he was quoted saying “This exercise is really fun and I enjoy it so much that I am going to go home and dream about exercising on this equipment every day”. Resources teachers attending the demo were so impressed and asked us to write an article for their next MART newsletter and have expressed their wish to incorporate the equipment in all of their schools.

Another resource teacher from the LSSD saw our equipment in one of the division schools and was impressed at how the special needs students were ‘teaching her how to use it, telling her all about the equipment, what it did and how it worked’. She was overjoyed by their enthusiasm and excitement to the equipment and is now purchasing a set for her own school.

Sharon M who purchased one of toddler bikes for her daughter to use at home, sent us an email saying “Karen I wanted you to know that Pearl LOVES her new bike. She is actually asking to use it in the exercise room when she wants to watch one of her movies instead of pouting because Mom and Dad are watching something ‘grown-up’. Thanks so much! Sharon