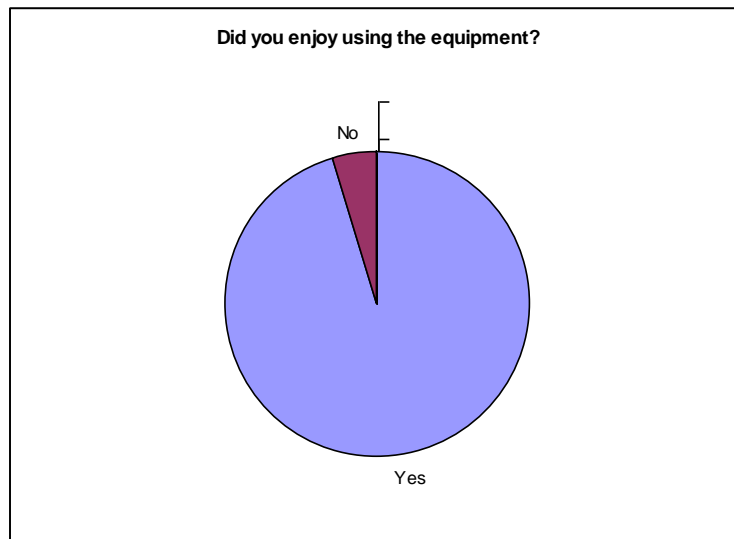


Ellon Academy were pleased to invite Zone Fit Ltd to deliver their exciting new concept to pupils (age range 16-17) at their recent S5/6 Induction Programme Day for over 150 pupils.



The teenagers undertook various forms of exercise activities during the day, which also included using The Fit Zone equipment™ for both cardio type work and conditioning.

The pupils were asked to perform various exercise activities and to complete questionnaires on how they perceived the equipment. Feedback received was extremely encouraging.



Ros Campbell, a teacher at the school, says "We were delighted to be involved in the initial pilot scheme of this concept last year and were impressed by the versatility of the product, not only for our physical education staff, but also the pupils themselves. It is so simple to use and allows both the boys and girls to undertake an effective workout which can be adapted for dance type activities and also sports specific activities, ensuring exercises are undertaken in all planes of movement. We look forward to forming a long working relationship with Zone Fit Ltd."

A representative from Zone Fit says "We are pro-active in promoting health and fitness from a young age, and are pleased to announce from the feedback received at Ellon that 95% of the pupils thought the same!"