



EVERYBODY MOVES



Injury Prevention Improve Performance Individualised Programs

EVERYBODY MOVES

The main goal of IPitup is to **lower the threshold to physical activity**. IPitup encourages people to move around **in the public space** in a quick and easy way.

The **World Health Organization (WHO)** recommends a combination of **condition, strength and stabilisation training** in its **exercise guidelines**.

IPitup makes it possible to put this into practice with the **IPitup activity bench**. You work towards a **stronger and better balanced body** in an **effective and challenging way**.

IP-ing is moving in a time-efficient way by means of a circuit in which aerobic, conditional aspects are combined with strength and stability exercises. You can do this by using the **info panels on the activity bench**, the **free activity app** or by being accompanied by an **IPitup coach**.



ACTIVITY BENCH

The IPitup activity bench is a **multi-person bench with multiple activity functions**.

It is an innovative and compact **all-in-one** device that enables a unique range of physical possibilities.

- **>250 (!) exercises**
- **various activity stations**, which can be used **simultaneously**
- incorporated **info panels** with low-threshold exercises
- **compact** meeting and activity space **for everybody**
- **EU good practice on promoting sports outside of traditional structures**
- invites you to experience and move along **footpaths and running tracks**, in **parks**, on **squares**, **street corners**, **sports and business complexes**, **school grounds**, at **senior citizens facilities** and **institutions**
- in accordance with **EN 16630**
- **sustainable, patented Belgian design**



References can be found on **www.IPitup.eu**.



ACTIVITY APP

The accompanying free IPitup activity app has been developed as a **virtual coach and motivator**. **Anyone who wants or needs to move more** can work with it, **regardless of his or her activity level**.

You can quickly determine your individual start level with a **simple self-test**, after which you can immediately get started with a **personalized activity program**.

The exercises can be divided into **five groups: pushing, pulling, core stability, single-leg and double-leg exercises**. You perform them on and around the activity bench. You work on your fitness by alternating the exercises with **jogging, (fast) walking or cycling** on the **suggested routes around and between the activity benches**.

The app is **dynamic** and **adapts automatically** based on your feedback during the activity session. Also included is a **customisable profile** with numerous statistics.

You can find the activity app on **www.IPitup.eu**. All of the exercises and numerous workouts are on our **YouTube channel!**

COACHING

Interested in becoming a certified **IPitup coach or ambassador**? An IPitup coach **guides, coaches, motivates** and provides empowerment on an individual and group level by creating a **'can do' environment**, with attention for **correct movement and an empowering experience**. Each activity bench comes with free IPitup coach training courses.

Get acquainted with the entire spectrum of principles and theories on which the IPitup movement project is based. Learn to successfully start up and follow up **initiations, group lessons, bootcamps** and **activities**.

ACTIVITY TRAIL

Research shows that people are **more active the closer they live to sports infrastructure**.

You can easily and cost-efficiently **upgrade a neighbourhood to a complete physical activity space** by adding an activity bench, where you can IP until your heart's content. When there are several activity benches at walking, running or cycling distance from each other, an **activity trail is created throughout the public space**. In a way, IPitup invites you to (re)discover your surroundings and as such promotes a **new urban physical activity strategy** that focuses on **smart local sports and physical activity policy**.

INFO SESSIONS, EVENTS AND WORKSHOPS

'Sitting is the new smoking'. Statistics from the European Commission show that an estimated **1 million people die each year from physical inactivity**. Research shows that the main reasons are lack of time and lack of motivation or interest.

Are you interested in a **demo or workshop with a mobile activity bench** for your event, sports day or study day?

Call us or send an email to **info@ipitup.eu!**



**QUICK
SIMPLE
TARGETED
CHALLENGING**

EVERYBODY MOVES

Making physical activity part of daily life, during all stages of life.



T +32 (0)16 43 68 47
M +32 (0)472 340 508
Varentstraat 33
B-3118 Werchter
info@ipitup.eu

www.ipitup.eu

Follow us    



EU good practice

With the support of

