

**KOMPAN** 

**GALAXY™**



**URBAN  
ACTIVITIES  
FOR TEENS**

# THE WORLD HAS STOPPED MOVING



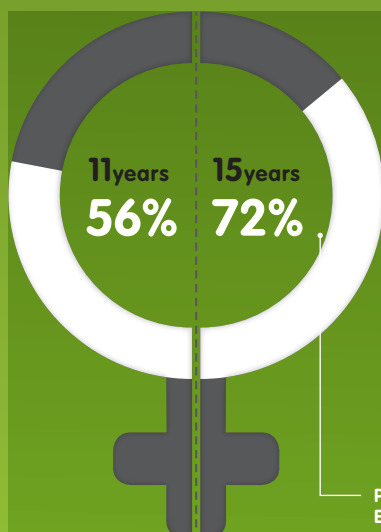
## PHYSICAL INACTIVITY REDUCES LIFE EXPECTANCY IN TODAY'S CHILDREN BY FIVE YEARS

Recent research shows that an inactive lifestyle can reduce life expectancy by five years. Physical inactivity can also lead to a life marked by diseases such as cancer, diabetes 2, cardiovascular diseases and psychological disorders. In actual fact, physical inactivity is as injurious to health as smoking, drinking or obesity.

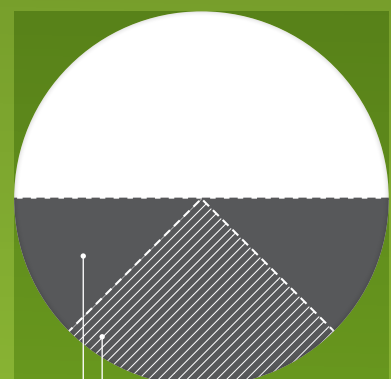
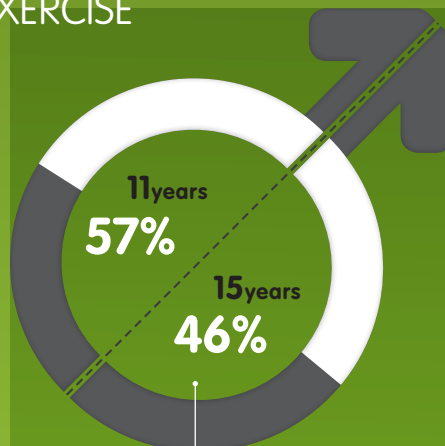
The World Health Organization (WHO) therefore recommends that children and young people are physically active for a minimum of an hour a day, and preferably more. Intensity levels should be moderate to vigorous. Additional health benefits require at least 300 minutes per week, or 43 minutes per day.

## TODAY, BOYS AND GIRLS GET FAR TOO LITTLE PHYSICAL EXERCISE

Source: WHO



Percentage of children in Europe who do not meet the minimum recommendation for physical activity



25% of children are classified as obese

Statistics show that more than 50% of children are not sufficiently physically active

Statistically, teenagers are the most physically inactive children. Physical activity levels decline as children grow into their teenage years. Although urbanization and sedentary lifestyles are to blame for much of the physical inactivity of teenagers, the real culprits are adults. The world has stopped moving and only adults can reverse this development.

A good place to start is to offer young people attractive opportunities to engage in physical activity. However, not all activities are equally appealing. Or cool. Or fun. Teenagers can be choosy, especially teenage girls. But they are willing to share their likes and dislikes. To get them moving, we need to listen to them. In a KOMPAN study, teenagers said that activities that were challenging and that seemed somewhat daring were the most popular.



**54%** 54% OF TEENAGE GIRLS FIND EXERCISING ON A PLAYGROUND FUN. THEIR PARTICULAR FAVORITES WERE ACTIVITIES INVOLVING SWINGING AND SWAYING MOVEMENTS, CLIMBING AND TRIM TRAILS.



DESIGNED  
TO  
MOVE



## THE COOL MOVES & THE RIGHT MOVES

How can we persuade choosy teenagers into moving? Listening to their wishes and desires, they clearly acknowledge the need for more physical activity. However, they are also pressed for time and many of the activities they are traditionally offered take a lot of practice to master. The places they hang out at and the activities they engage in have to make them look cool!

There are certain movements that benefit the physical development of children and teenagers more than others. Fortunately, these are often the activities they enjoy the most. The KOMPAN Play Institute has observed teenagers' play and gathered valuable feedback from them about what they like doing best – especially choosy teenage girls!

Key insights are:

- the activity should respond to movements like spins and bounces (the fun factor)
- the activity makes me look cool
- the activity legitimizes me being in a particular area
- it gives me the opportunity to see and be seen, but in an unobtrusive way

We combine teenager feedback with WHO recommendations for movement, then we design and test the result with teenagers. That's how we achieve the ultimate solution to motivate our teens to move.

### A SCIENTIFIC MOVEMENT

There is also scientific documentation for the most effective way for children and teenagers to move. WHO recommends that children up to 18 regularly train to improve:

- Bones (bone density)
- Muscles (strength)
- Cardiovascular system (condition: lungs & heart)
- Motor skills (neuromuscular awareness, e.g. coordination & movement control)

Naturally, these recommendations were taken into consideration when designing the GALAXY range to ensure it perfectly matches the ergonomic requirements, desires and needs of teenagers on the move.



**NOTHING  
GOOD EVER  
CAME FROM  
STANDING  
STILL**

“ IF THESE ACTIVITIES WERE IN THE PLACES WHERE WE HANG OUT WE WOULD DEFINITELY USE THEM. AND THE BOYS WOULD BE DOING ALL SORTS OF STUNTS HERE.

HELENA, 16

## **HERE COME THE GIRLS**

The GALAXY design has been tested by a group of teenage super-users, a group of 12-year-olds and a group of urban free runners. Obviously, they all use the GALAXY designs in very different ways, but the beauty of the design is that it caters to everyone from the timid to the crazy risk takers. Here's what they said:

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### HELENA, 16

“It looks cool. I like the colors, especially the green. It was good to be able to tell the designers that colors are okay. It's nice to climb and I really like the triangular seats that you can also climb through. They are a good place to chill with friends. If these activities were in the places where we hang out we would definitely use them. The boys would be doing all sorts of stunts here too.”

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### MATHILDA, 15

“I love the moon-shaped rocky seats. It's really good that they face each other. Another great feature is the top frame. You can hang out there and get a view of the place. Mainly, I like that there are so many places where I can sit and hang out. If this was at my high school I think I'd climb up in it for breaks and hanging out with my friends. It's cool that you can move between the different seats.”



“COLORS ARE GREAT, ESPECIALLY THE **GREEN**”

# BOYS WILL BE BOYS



## LUCAS, 15

“I like the way that you can climb, flip and somersault your way through the structure. The part, you call the Bolide Link, is the most appealing. It’s the best place to hang out as well. If I was going to put this in my city it would have to be somewhere where we hang out - central, but not too public so that everyone can stare at you. But a place where we could mess around and hang out with friends.”

“IT WOULD BE GOOD IN A PARK OR CITY SQUARE – BUT NOT SO THAT EVERYONE CAN SEE US”

LUCAS, 15

## INTRODUCING THE GALAXY TEAM — OUR CRASH TEST DUMMIES

Our tests revealed that teenagers want to play and would happily use Galaxy equipment. They responded very positively to the design and gave excellent advice on color usage, climbing possibilities and the best locations for a structure like GALAXY.

**URBAN FREE RUNNING:** MAXIMIZES BODY MOMENTUM TO SPEED UP MOVEMENT IN A SAFE MANNER FROM POINT A TO B

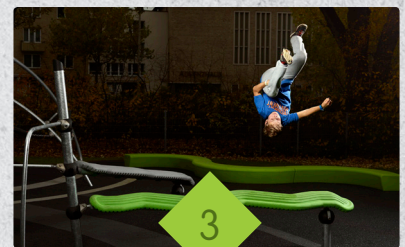
CREATES VISUALLY STUNNING LEAPS AND EXERCISE TRICKS ON-SITE IN AN URBAN ENVIRONMENT



INHOUSE TEST



REVISED LINK



LIVING IT OUT IN PRODUCTS



WHY  
CHOOSE  
GALAXY?





## PLAY GROUNDED IN KNOWLEDGE

The KOMPAN Play Institute has observed that girls tend to prefer motor skills refinement and flexibility activities to strength and muscle training activities. They prefer activities like swaying and spinning devices. On the other hand, boys prefer strength and muscle training activities combined with agility.

However, there is good reason for getting everyone to move more. Statistics show that girls especially need to do more weight-bearing

activities in order to build up the bone density they need for the rest of their lives. They should also do more cardio activities to improve their overall fitness. During the KOMPAN GALAXY development observations we observed that when the girls play, little informal competitions occur for fun. This playful rivalry speeds up the pace of play and heart rates. These sorts of games and play are much more prevalent among boys.

# BOYS



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STRENGTH AND COORDINATION EXERCISES CAN BE MADE IN THE BOLIDE LINK AND OTHER GALAXY STRUCTURE CLIMBING LINKS

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AGILITY TRAINING IS POSSIBLE IN THE BOLIDE AND OTHER LINKS

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SHOW-OFF POSSIBILITIES WITH URBAN FREE RUNNING

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HANGOUT AND OBSERVATION POINTS ON TOP OF THE TOWER FRAMES

# GIRLS



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LOTS OF SEATS TO HANG OUT IN, SWAY AND CHAT

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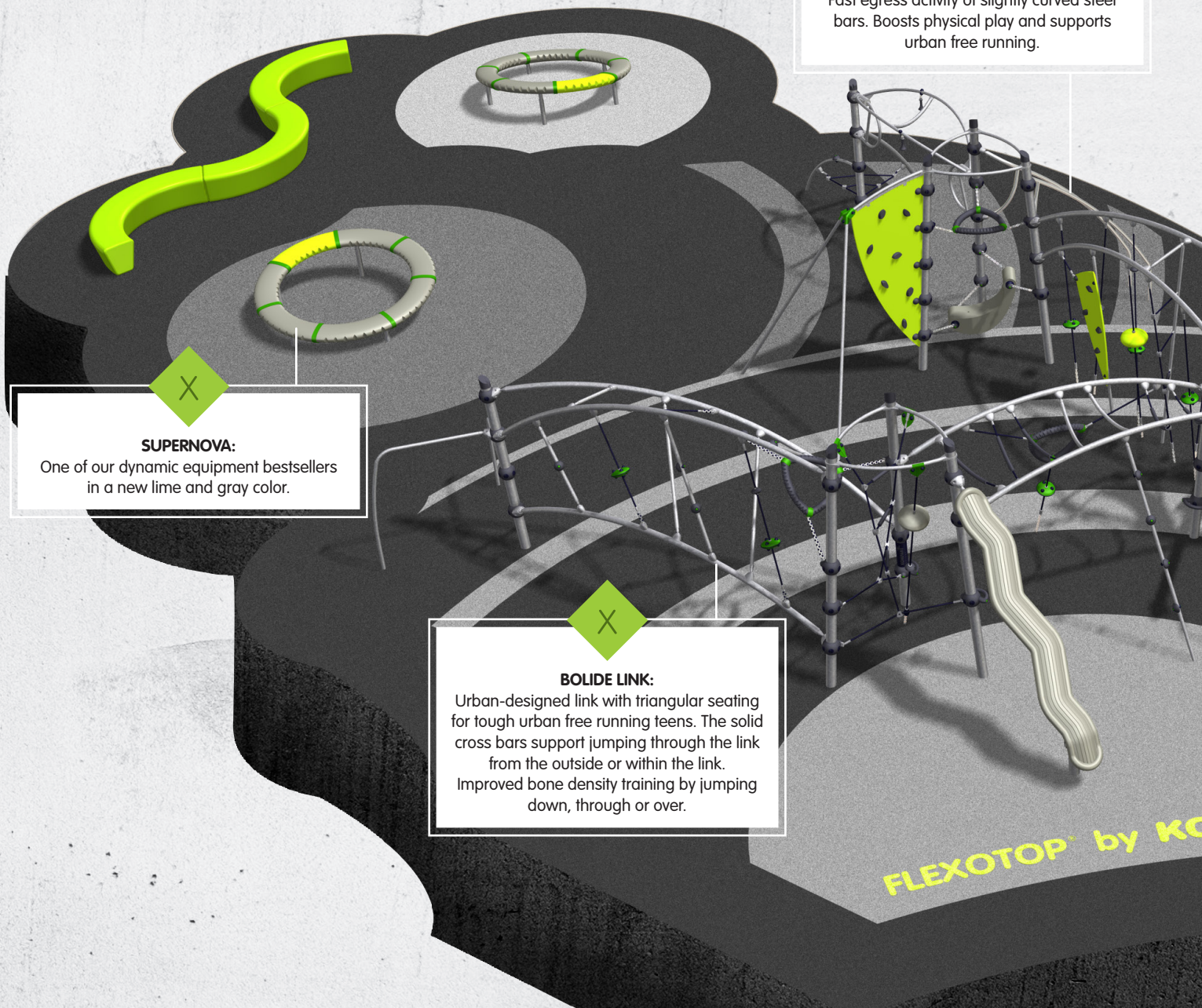
LOTS OF HIGH-UP PLACES TO SIT – TO SEE AND BE SEEN

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BALANCE TRAINING IN THE MANY SPINNING OR SWAYING ACTIVITIES

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CLIMBING POSSIBILITIES IN THE CATENA LINK'S MANY NETS



**GEMINI BARS:**  
Fast egress activity of slightly curved steel bars. Boosts physical play and supports urban free running.



**SUPERNOVA:**  
One of our dynamic equipment bestsellers in a new lime and gray color.



**BOLIDE LINK:**  
Urban-designed link with triangular seating for tough urban free running teens. The solid cross bars support jumping through the link from the outside or within the link. Improved bone density training by jumping down, through or over.

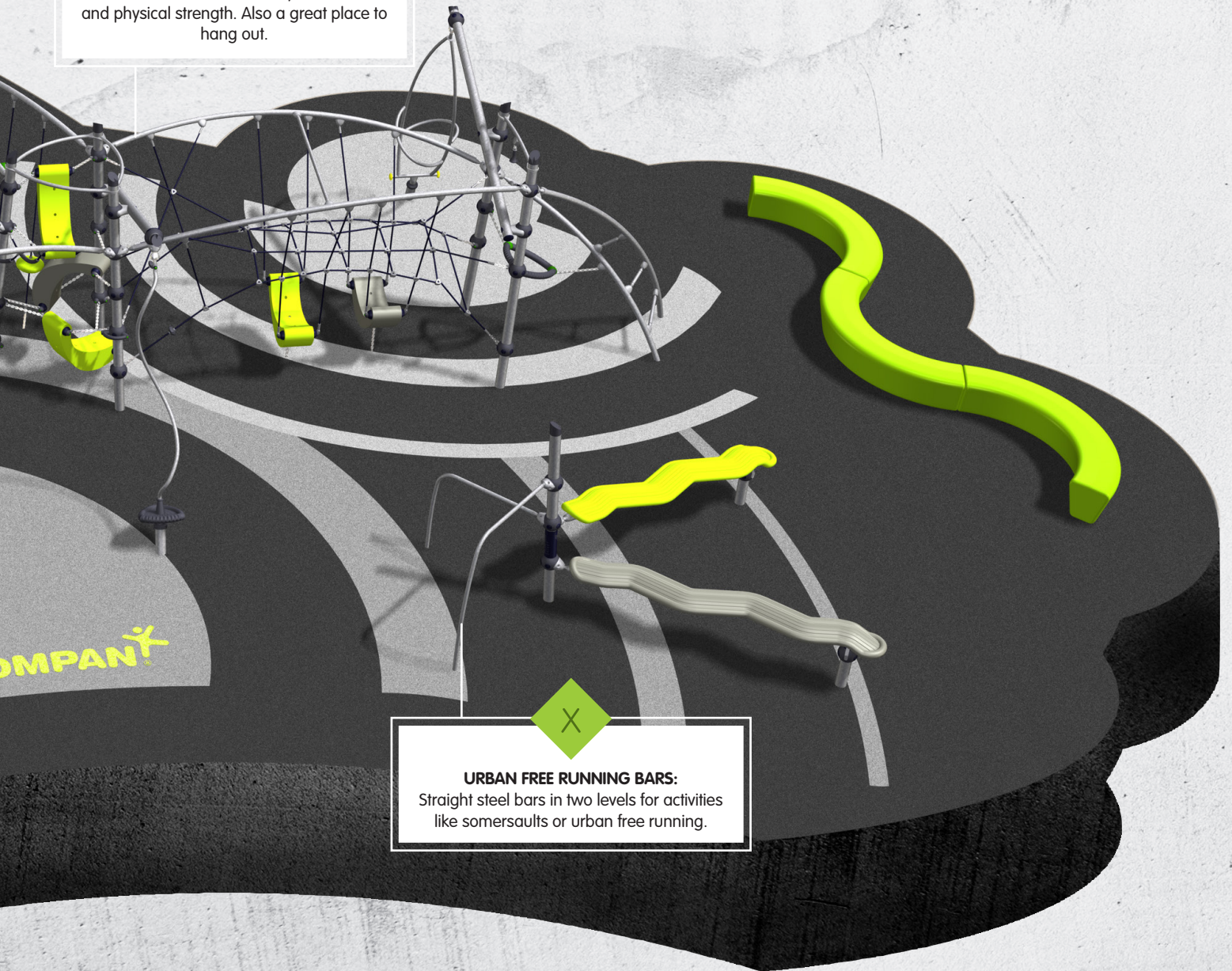
FLEXOTOP<sup>®</sup> by KO

# SOMETHING FOR EVERYONE



**CATENA LINK:**

Wide meeting link with two swaying play shells positioned below the climbing net. Trains for motor skills, flexibility, coordination and physical strength. Also a great place to hang out.



**URBAN FREE RUNNING BARS:**

Straight steel bars in two levels for activities like somersaults or urban free running.

# CUSTOMERS' POINT OF VIEW

Creating a place for teenagers makes sense. A series of surveys show that the amount of vandalism in a local area decreases to almost zero when a place for teenagers is designed – provided that teenagers have been involved in the process.

When you equip your park with the GALAXY line, you get the following benefits:

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IT'S A BRAND NEW LOOK WITH INNOVATIVE  
FUNCTIONALITY AND FRESH NEW COLORS

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IT WORKS! DEVELOPED BASED ON USER  
INPUT AND TESTED BY YOUNG PEOPLE

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IT'S EASY ON YOUR MAINTENANCE BUDGET -  
ROBUST DESIGN SOLUTIONS MAKE IT  
PARTICULARLY RESISTANT TO VANDALISM

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IT WORKS FOR YOUR ARCHITECTS AND PLANNERS -  
THE TRANSPARENT, COOL YET DISCRETE DESIGN  
BLENDS IN PERFECTLY WITH THE SURROUNDINGS

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IT'S FUTURE PROOF - MOST PARTS OF THE  
EQUIPMENT COME WITH A LIFETIME WARRANTY

A photograph of an outdoor fitness park. The equipment consists of silver metal frames with various attachments, including ropes, pulleys, and green circular handles. The ground is a dark, textured safety mat. In the background, there are green trees and a multi-story building with windows. The text "WANT TO SEE IT IN ACTION?" is overlaid in a white, hand-drawn, brush-stroke font across the center of the image.

WANT TO  
SEE IT IN  
ACTION?



PLACE YOUR  
SMARTPHONE HERE TO  
SEE THE PLAYGROUND  
IN ACTION!



# THE GALAXY MANIFESTO

**KOMPAN** 

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## WE THINK IT'S TIME FOR ACTION

Statistically, teenagers are the most physically inactive children. Physical activity levels decline as children grow into their teenage years. The world has figuratively stopped moving and it's time to reverse this trend.

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## GOOD PLACE TO START

A good place to start is to offer young people attractive opportunities to engage in physical activity. However, not all activities are equally appealing. Or cool. Or fun. Teenagers can be choosy, especially teenage girls, but they are willing to share their likes and dislikes. To get them moving, we need to listen to them. In a KOMPAN study, teenagers said that activities that were challenging and that seemed somewhat daring were the most popular.



Do you want more inspiration for a product? Want to learn more about KOMPAN Galaxy?  
Contact a member of your local KOMPAN Team near you, please visit: [www.KOMPAN.com](http://www.KOMPAN.com)

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