



SMARTfit™

SEE FASTER, THINK QUICKER,
MOVE BETTER, PERFORM SAFER

PSLT
FITNESS SOLUTIONS

PSLT

WELCOME MESSAGE

“IN MODERN WORKPLACES, EMPLOYEES MUST THINK FAST, REACT QUICKLY, AND MOVE EFFICIENTLY, ALL AT THE SAME TIME. YET MOST WELLNESS PROGRAMMES TRAIN PHYSICAL AND COGNITIVE SKILLS SEPARATELY, LEAVING A CRITICAL PERFORMANCE GAP.

SMARTFIT CLOSES THAT GAP BY COMBINING MOVEMENT WITH REAL-TIME COGNITIVE CHALLENGES, IMPROVING REACTION TIME, COORDINATION, PROBLEM-SOLVING, AND FUNCTIONAL STRENGTH IN ONE INTEGRATED SOLUTION.

ENGAGING, MEASURABLE, AND PROGRESSIVE, SMARTFIT DRIVES PARTICIPATION, SUPPORTS FASTER RECOVERY, AND DELIVERS CLEAR PERFORMANCE INSIGHTS FOR BOTH EMPLOYEES AND ORGANISATIONS.

PSLT ARE THE EXCLUSIVE UK DISTRIBUTOR OF SMARTFIT, BRINGING INNOVATIVE, RESULTS-DRIVEN SOLUTIONS TO CORPORATE HEALTH, SAFETY, AND PERFORMANCE.”

**TONY BARRY- HEAD OF
HEALTH CARE
SOLUTIONS**



THE SMARTFIT SOLUTION

SMARTFIT'S PREDESIGNED PROGRAMMING PROVIDES ACTIVITIES THAT CAN BE USED FOR:

- INCREASING UPPER EXTREMITY STRENGTH, RANGE OF MOTION, AND ENDURANCE
- MOTOR AND VISUAL-PERCEPTUAL TRAINING
- ENHANCING VISUAL REACTION TIME
- IMPROVING PROBLEM SOLVING SKILLS AND BILATERAL HAND-EYE COORDINATION
- REFINING MOTOR SKILLS AND COORDINATION



HOW SMARTFIT WORKS

SMARTFIT IS A MULTISENSORY TRAINING SYSTEM THAT INTEGRATES PHYSICAL MOVEMENT WITH REAL-TIME COGNITIVE CHALLENGES, REPLICATING HOW EMPLOYEES ACTUALLY PERFORM IN THE WORKPLACE.

UNLIKE TRADITIONAL TRAINING, SMARTFIT DEVELOPS THE ABILITY TO MOVE, THINK, REACT, AND DECIDE SIMULTANEOUSLY, CRITICAL FOR SAFETY, PRODUCTIVITY, AND PERFORMANCE.



THE SMARTFIT SYSTEM

SMARTFIT USES A SENSOR-BASED TRAINING WALL WITH PROGRAMMABLE TARGETS THAT RESPOND TO TOUCH, MOVEMENT, AND SPEED.

EMPLOYEES ENGAGE IN:

- VISUAL CUES (LIGHTS AND TARGETS)
- PHYSICAL ACTIONS (REACHING, STEPPING, STRIKING)
- COGNITIVE TASKS (DECISION-MAKING, PROBLEM-SOLVING)

THIS CREATES A FULL BRAIN-BODY TRAINING EXPERIENCE, IMPROVING COORDINATION, REACTION TIME, AND FUNCTIONAL MOVEMENT.



BACKED BY SCIENCE

STUDIES CONSISTENTLY DEMONSTRATE THAT COMBINED COGNITIVE AND PHYSICAL TRAINING IS:

- MORE EFFECTIVE THAN EXERCISE ALONE FOR IMPROVING EXECUTIVE FUNCTION AND COGNITION
- MORE LIKELY TO TRANSFER INTO DAILY ACTIVITIES
- ASSOCIATED WITH IMPROVEMENTS IN MEMORY, PROCESSING SPEED, ATTENTION, AND FUNCTIONAL MOBILITY
- SUPPORTED BY SYSTEMATIC REVIEWS OF OVER 20 CLINICAL STUDIES



WHY DUAL-TASK TRAINING MATTERS

RESEARCH SHOWS THAT THE ABILITY TO PERFORM PHYSICAL AND COGNITIVE TASKS SIMULTANEOUSLY:

- DECLINES WITH AGE
- PREDICTS FALL RISK, MOBILITY LOSS, AND FUNCTIONAL IMPAIRMENT
- IS MORE SENSITIVE THAN SINGLE-TASK TESTS FOR EARLY COGNITIVE DECLINE

TRAINING THESE ABILITIES IMPROVES REAL-WORLD OUTCOMES SUCH AS BALANCE, REACTION TIME, ATTENTION, AND EXECUTIVE FUNCTION.



INTEGRATED BRAIN + BODY TRAINING

SMARTFIT IS BUILT ON DUAL-TASK TRAINING—TRAINING THE BRAIN AND BODY TOGETHER, NOT SEPARATELY.

PROGRAMMES ARE DESIGNED TO:

- IMPROVE REACTION SPEED AND AWARENESS
- ENHANCE MOTOR CONTROL AND COORDINATION
- DEVELOP PROBLEM-SOLVING UNDER PRESSURE
- INCREASE STRENGTH, MOBILITY, AND ENDURANCE

THIS SIMULTANEOUS STIMULATION IS PROVEN TO BE MORE EFFECTIVE THAN ISOLATED TRAINING.



REAL WORLD TRAINING

WORKPLACE TASKS ARE RARELY ISOLATED.

EMPLOYEES MUST:

- REACT QUICKLY TO CHANGING SITUATIONS
- COORDINATE MOVEMENT WITH DECISION-MAKING
- MAINTAIN FOCUS UNDER PRESSURE

SMARTFIT RECREATES THESE DEMANDS THROUGH INTERACTIVE, GAME-BASED TRAINING THAT MIRRORS REAL-WORLD SCENARIOS.



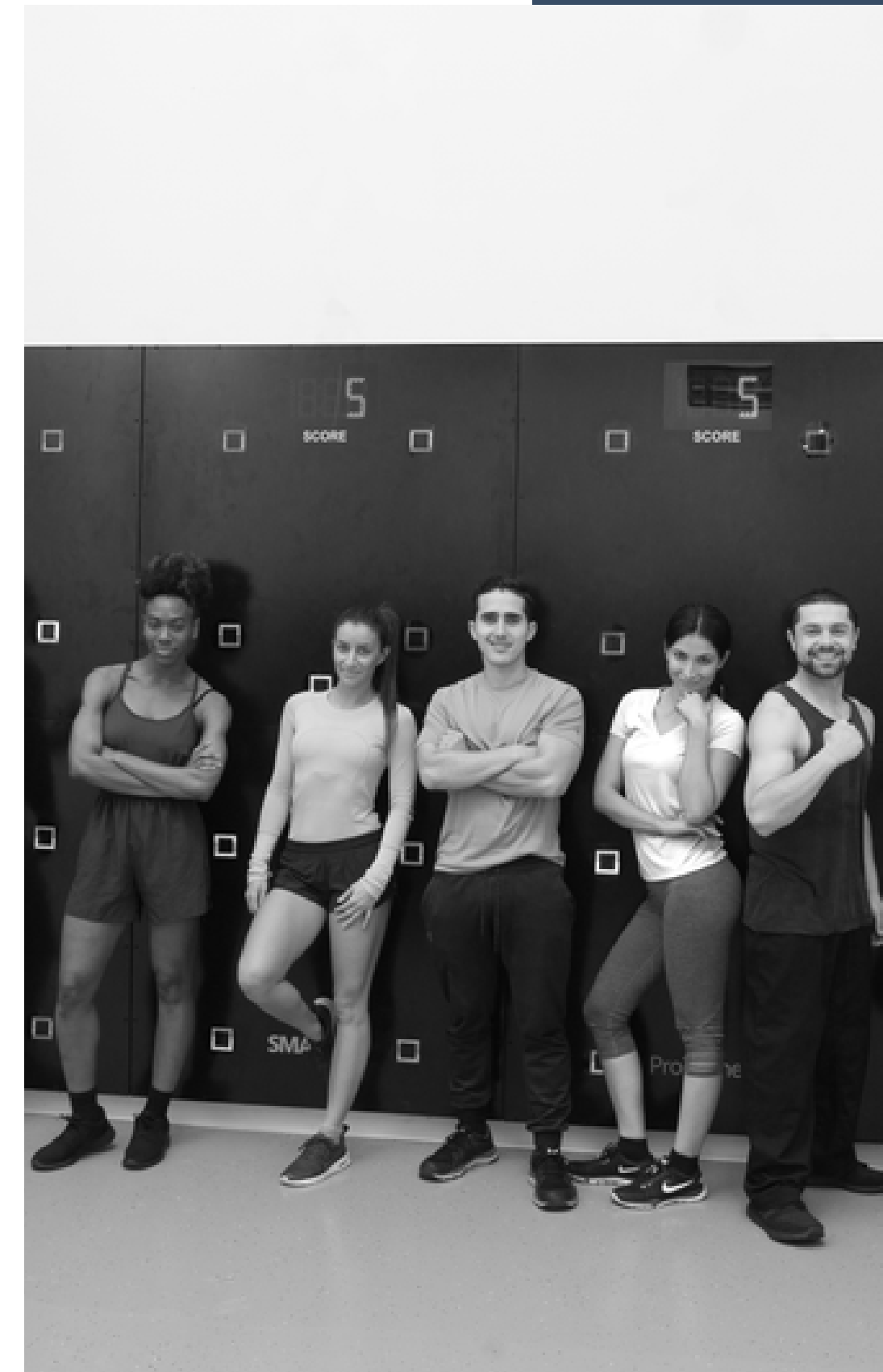
FLEXIBLE FOR CORPORATE ENVIRONMENTS

SMARTFIT SYSTEMS ARE DESIGNED FOR:

- INDIVIDUAL TRAINING OR GROUP SESSIONS
- SMALL OR LARGE WORKFORCE ENGAGEMENT
- MINIMAL SPACE REQUIREMENTS WHEN NOT IN USE

THIS MAKES IT IDEAL FOR:

- WORKPLACE WELLNESS PROGRAMMES
- HEALTH & SAFETY TRAINING
- INJURY PREVENTION AND RETURN-TO-WORK PATHWAYS



IMPACT ON WHOLE WORK PLACE PERFORMANCE

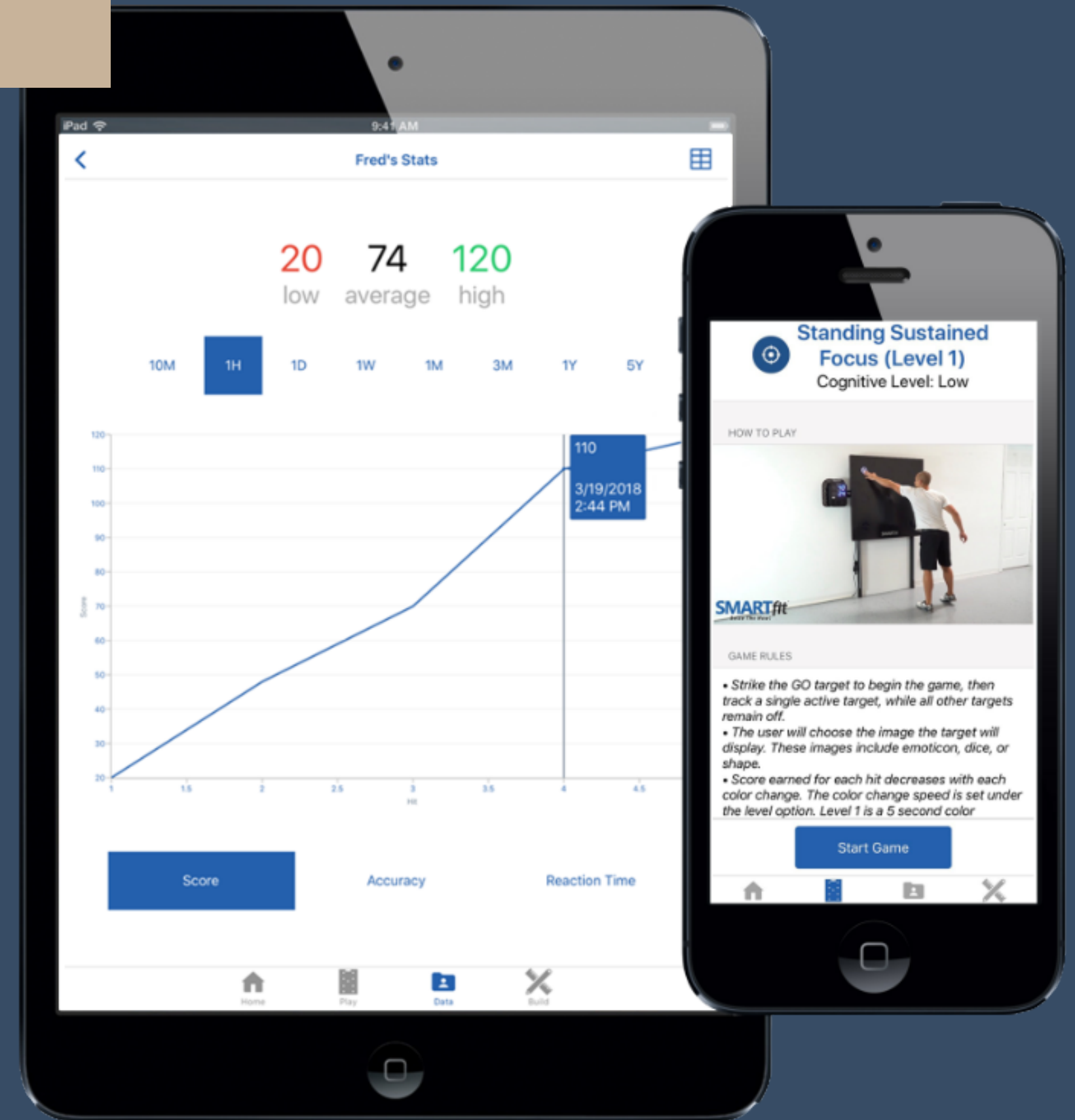
BY TRAINING EMPLOYEES THE WAY THEY ACTUALLY PERFORM,
SMARTFIT HELPS ORGANISATIONS:

- IMPROVE REACTION TIME AND DECISION-MAKING
- REDUCE INJURY RISK AND HUMAN ERROR
- INCREASE PRODUCTIVITY AND ENGAGEMENT
- SUPPORT FASTER RECOVERY AND RETURN TO WORK
- PROGRESSIVE PROGRAMMING
- CLEAR REPORTING FOR COMAPMY & EMPLOYEES



WHY SMARTFIT?

- ✓ EVIDENCE-BASED
- ✓ ENGAGING AND MOTIVATING
- ✓ ADAPTABLE TO INDIVIDUAL ABILITY
- ✓ TRACKS PROGRESS AND IMPROVEMENT
- ✓ TRAINS REAL-WORLD FUNCTION -
NOT JUST FITNESS OR COGNITION IN
ISOLATION



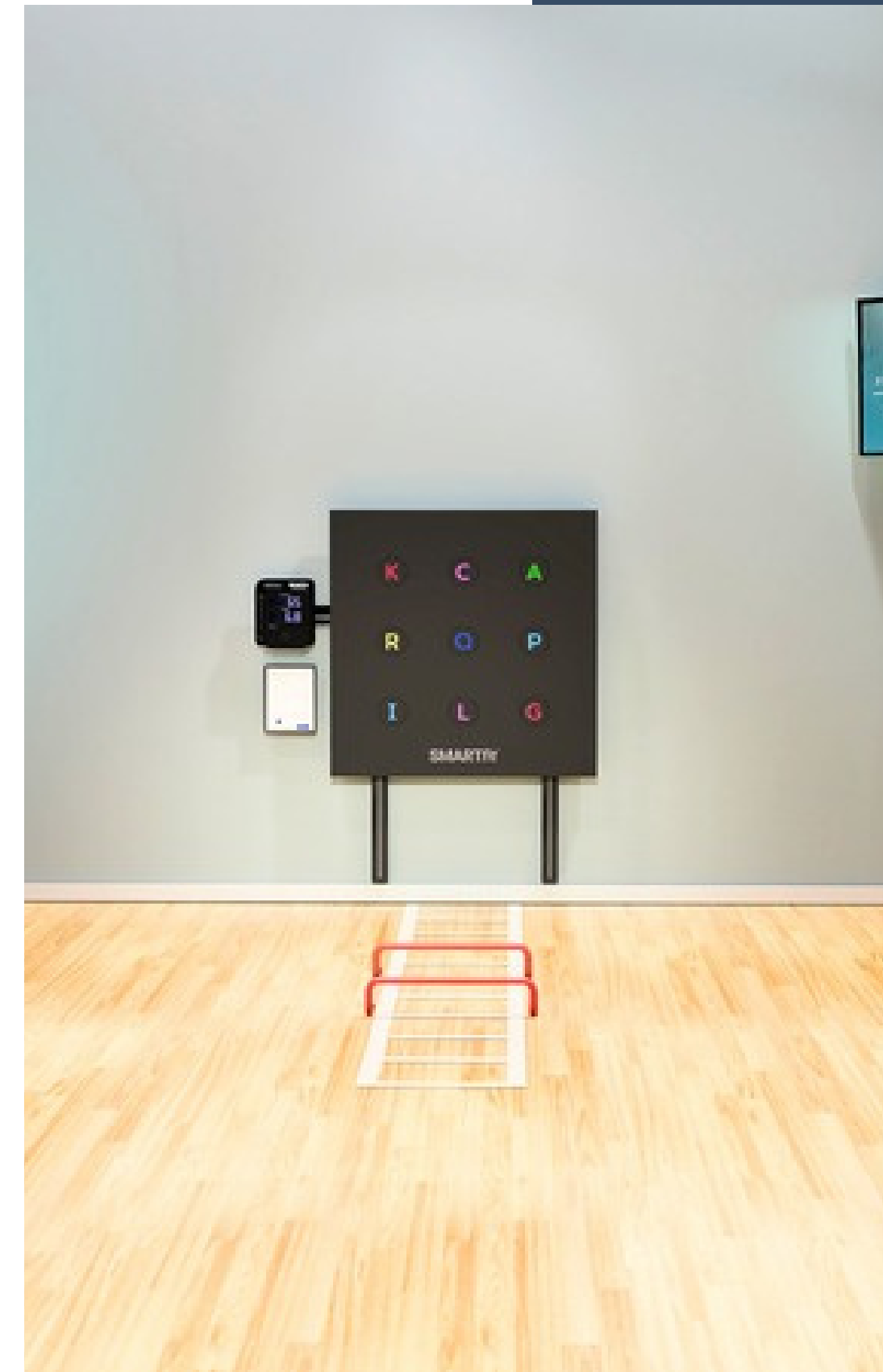
SMARTFIT PRODUCTS

INTRODUCING THE SMARTFIT MINI

THE SMARTFIT MINI IS A COMPACT, INTERACTIVE TRAINING SYSTEM THAT COMBINES PHYSICAL MOVEMENT WITH COGNITIVE CHALLENGES—IDEAL FOR ORGANISATIONS LOOKING TO ENHANCE EMPLOYEE PERFORMANCE, SAFETY, AND WELLBEING. IT FEATURES A HEIGHT-ADJUSTABLE PANEL WITH TOUCH-SENSITIVE TARGETS AND GUIDED PROGRAMMES THAT CAN BE TAILORED TO DIFFERENT ROLES AND ABILITY LEVELS, MAKING IT HIGHLY EFFECTIVE FOR WORKPLACE TRAINING, INJURY PREVENTION, AND RETURN-TO-WORK PROGRAMMES.

FOR CORPORATE PERFORMANCE

IT SUPPORTS FUNCTIONAL MOVEMENT, COORDINATION, AND COGNITIVE PROCESSING IN AN ENGAGING, RESULTS-DRIVEN FORMAT, HELPING EMPLOYEES IMPROVE REACTION TIME, EFFICIENCY, AND CONFIDENCE IN REAL-WORLD WORKING ENVIRONMENTS.



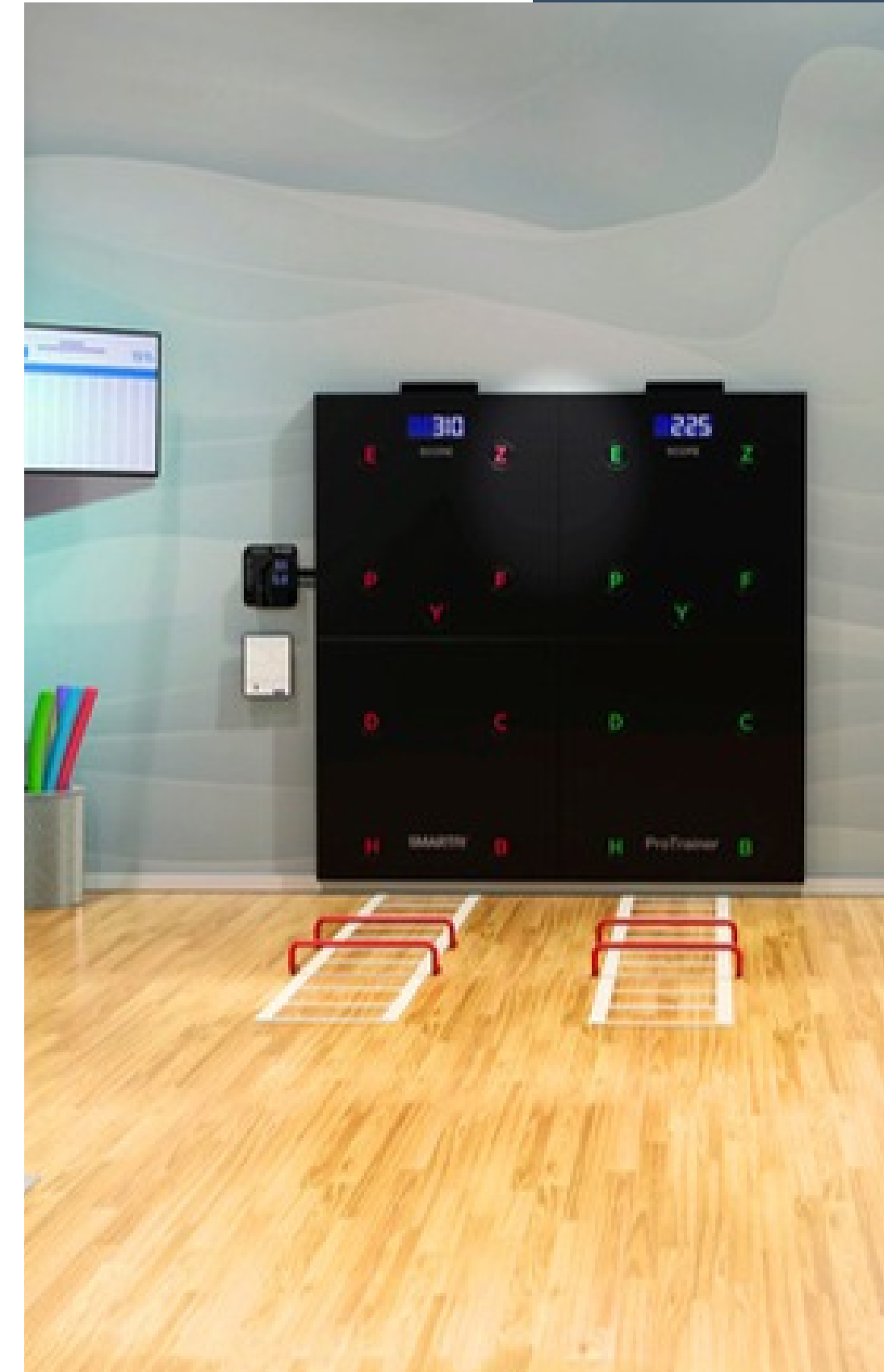
SMARTFIT PRODUCTS

INTRODUCING THE SMARTFIT PROTRAINER

THE SMARTFIT PROTRAINER IS A LARGER, MULTI-STATION SYSTEM DESIGNED FOR GROUP TRAINING AND FULL-BODY MOVEMENT PATTERNS, WITH MULTIPLE SENSOR TARGETS AND STRUCTURED PROGRAMMES SUITED TO A RANGE OF ROLES AND ABILITY LEVELS. IT ENABLES SIMULTANEOUS PARTICIPATION AND SCALABLE ACTIVITIES, FROM FOUNDATIONAL MOVEMENT TRAINING TO MORE DYNAMIC COORDINATION AND REACTION-BASED EXERCISES.

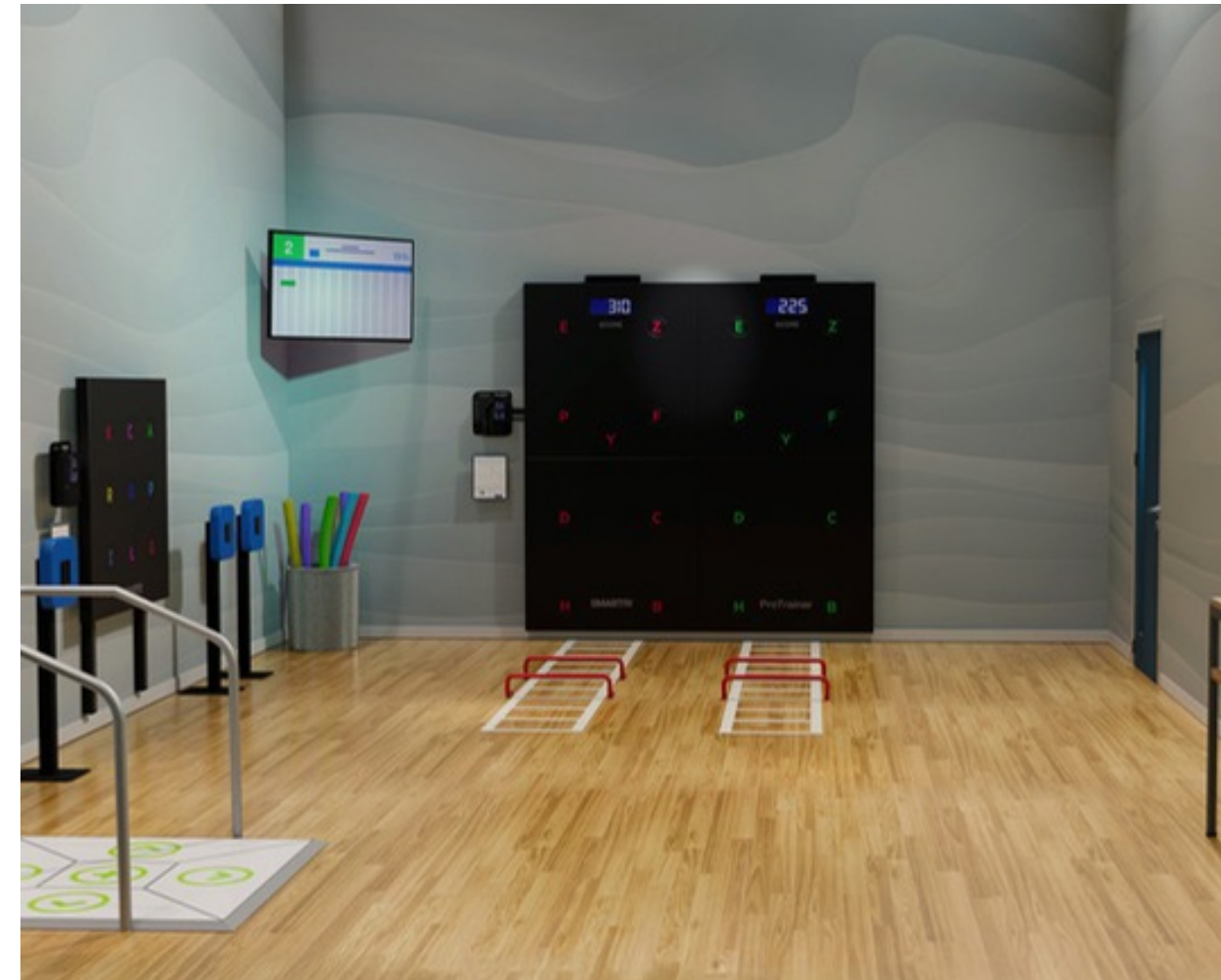
FOR CORPORATE PERFORMANCE

IT'S IDEAL FOR WORKPLACE ENVIRONMENTS AND TEAM-BASED PROGRAMMES, ENCOURAGING COLLABORATION, ENGAGEMENT, AND PROGRESSIVE PHYSICAL AND COGNITIVE TRAINING—KEY DRIVERS OF IMPROVED SAFETY, PRODUCTIVITY, AND WORKFORCE PERFORMANCE.



LAYOUT OPTIONS

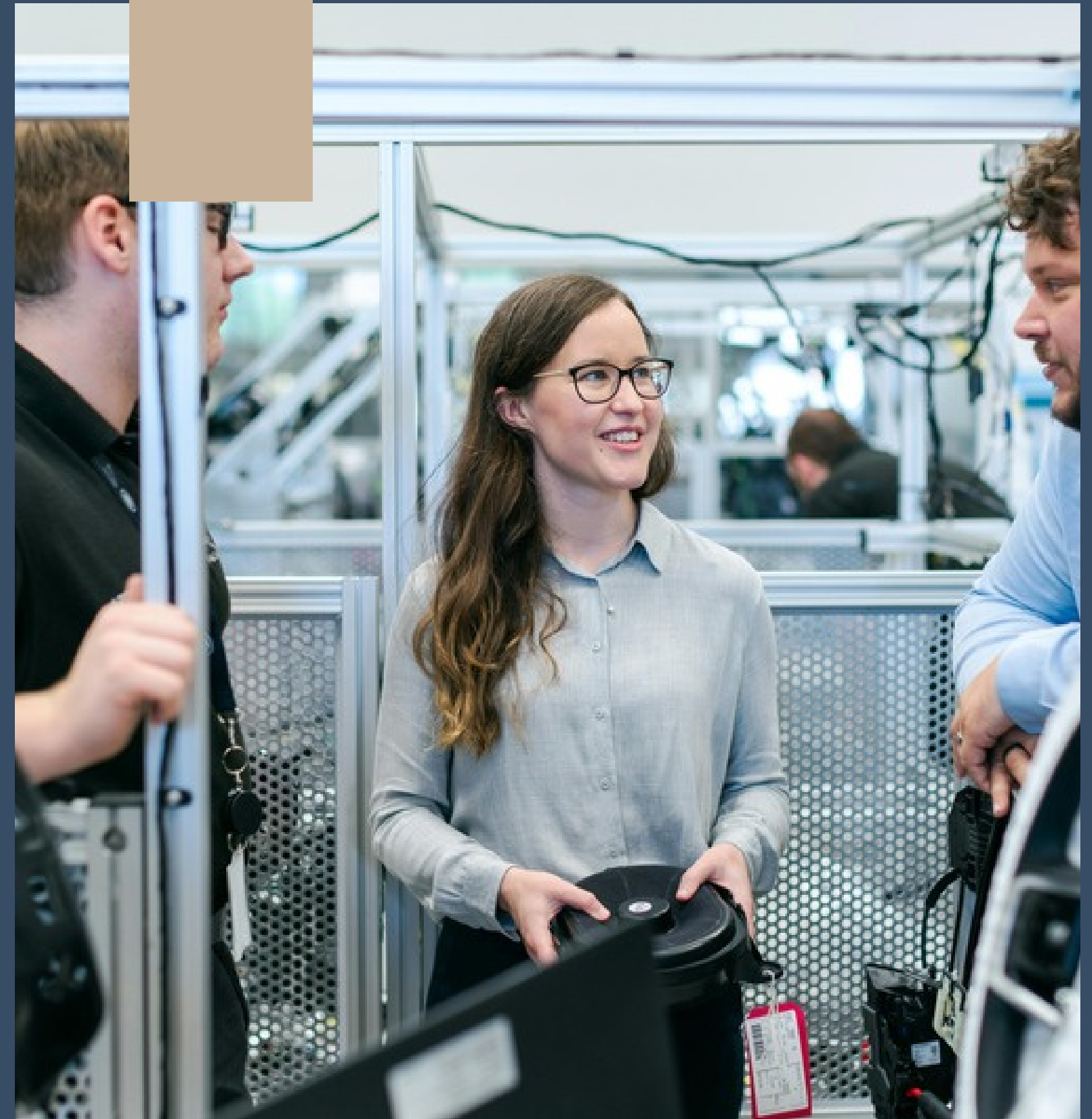
SMARTFIT CAN BE DESIGNED IN A NUMBER OF CONFIGURATIONS TO SUIT YOUR SPACE, THE SELECTED MODEL OR MODELS AND OUTCOMES.



THE BOTTOM LINE

SMARTFIT TRAINS THE SKILLS EMPLOYEES ACTUALLY USE TO PERFORM SAFELY AND EFFECTIVELY AT WORK.

BY INTEGRATING MOVEMENT AND COGNITION INTO A SINGLE, POWERFUL EXPERIENCE, SMARTFIT HELPS TEAMS REACT FASTER, MOVE MORE EFFICIENTLY, AND PERFORM WITH GREATER CONFIDENCE; TODAY AND OVER THE LONG TERM.





SMARTfit™



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