



SMARTfit™

SMARTER MOVEMENT, SHARPER MINDS,
STRONGER HUMAN PERFORMANCE

FOR HEALTH, FITNESS REHABILITATION & COGNITIVE
WELLNESS

PSLT
FITNESS SOLUTIONS

PSLT

WELCOME MESSAGE

“THE HEALTH AND FITNESS INDUSTRY IS EVOLVING RAPIDLY. TODAY, FACILITIES ARE EXPECTED TO SUPPORT FAR MORE THAN JUST PHYSICAL FITNESS. MEMBERS, CLIENTS, AND COMMUNITIES ARE LOOKING FOR SOLUTIONS THAT IMPROVE MOVEMENT, COGNITIVE FUNCTION, CONFIDENCE, LONG-TERM HEALTH, AND QUALITY OF LIFE.

SMARTFIT BRIDGES THE GAP BETWEEN PHYSICAL AND COGNITIVE TRAINING BY COMBINING MOVEMENT WITH REAL-TIME DECISION MAKING, REACTION TRAINING, COORDINATION, AND PROBLEM SOLVING.

WHETHER SUPPORTING ACTIVE AGEING, NEUROLOGICAL REHABILITATION, YOUTH ATHLETIC DEVELOPMENT, COGNITIVE WELLNESS, OR MENTAL HEALTH PROGRAMMES, SMARTFIT CREATES ENGAGING EXPERIENCES THAT TRAIN PEOPLE FOR REAL LIFE; NOT JUST EXERCISE.

PSLT ARE THE EXCLUSIVE UK DISTRIBUTOR OF SMARTFIT, BRINGING INNOVATIVE, EVIDENCE-BASED COGNITIVE-MOTOR TRAINING SOLUTIONS TO THE HEALTH AND FITNESS SECTOR.”

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



PSLT

THE SMARTFIT SOLUTION

SMARTFIT IS AN INTERACTIVE COGNITIVE-MOTOR TRAINING SYSTEM THAT COMBINES PHYSICAL MOVEMENT WITH REAL-TIME COGNITIVE CHALLENGES.

USING DYNAMIC VISUAL TARGETS, REACTION-BASED EXERCISES, AND GUIDED PROGRAMMING, SMARTFIT TRAINS THE BRAIN AND BODY SIMULTANEOUSLY TO MIRROR REAL-WORLD MOVEMENT AND FUNCTION.

UNLIKE TRADITIONAL GYM EQUIPMENT OR ISOLATED “BRAIN TRAINING,” SMARTFIT DEVELOPS:

- REACTION SPEED AND PROCESSING
- BALANCE AND COORDINATION
- FUNCTIONAL MOVEMENT AND MOBILITY
- COGNITIVE PERFORMANCE AND EXECUTIVE FUNCTION
- ATTENTION AND MOTOR CONTROL



PSLT

HOW SMARTFIT WORKS

SMARTFIT USES TOUCH-SENSITIVE TARGETS, VISUAL CUES, AND PROGRESSIVE PROGRAMMING TO CREATE INTERACTIVE COGNITIVE-MOTOR TRAINING EXPERIENCES.

USERS RESPOND TO LIGHTS, COLOURS, SOUNDS, AND MOVEMENT TASKS WHILE EXERCISING, DEVELOPING THE ABILITY TO:

- MOVE AND THINK SIMULTANEOUSLY
- REACT UNDER PRESSURE
- IMPROVE COORDINATION AND AWARENESS
- PROCESS INFORMATION MORE EFFICIENTLY

THE RESULT IS ENGAGING, MEASURABLE, AND HIGHLY FUNCTIONAL TRAINING THAT MIRRORS REAL-WORLD MOVEMENT AND PERFORMANCE.



BACKED BY SCIENCE

RESEARCH CONSISTENTLY DEMONSTRATES THAT COMBINING COGNITIVE AND PHYSICAL TRAINING CAN:

- IMPROVE EXECUTIVE FUNCTION AND COGNITION
- ENHANCE REACTION TIME AND PROCESSING SPEED
- IMPROVE BALANCE, GAIT, AND MOBILITY
- REDUCE FALL RISK IN OLDER ADULTS
- SUPPORT NEUROPLASTICITY AND BRAIN HEALTH
- IMPROVE ADHERENCE AND ENGAGEMENT COMPARED TO TRADITIONAL EXERCISE



BACKED BY SCIENCE

DUAL-TASK COGNITIVE-MOTOR TRAINING IS INCREASINGLY RECOGNISED AS AN IMPORTANT INTERVENTION WITHIN:

- ACTIVE AGEING
- NEUROLOGICAL REHABILITATION
- COGNITIVE WELLNESS PROGRAMMES
- SPORTS PERFORMANCE
- FUNCTIONAL FITNESS ENVIRONMENTS
- CHILDHOOD DEVELOPMENT

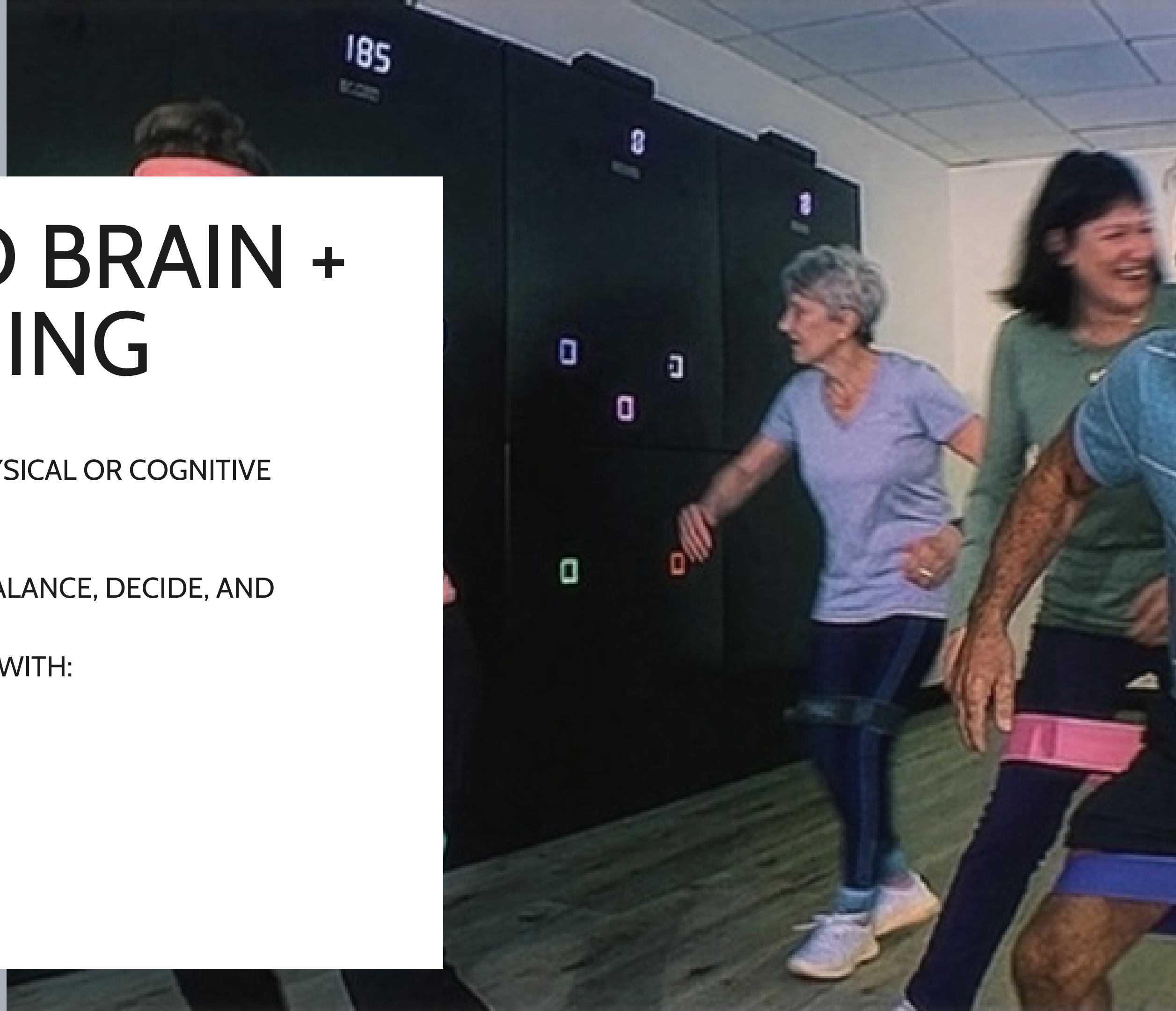


INTEGRATED BRAIN + BODY TRAINING

EVERYDAY LIFE RARELY REQUIRES PHYSICAL OR COGNITIVE PERFORMANCE IN ISOLATION.

PEOPLE MUST MOVE, REACT, THINK, BALANCE, DECIDE, AND COORDINATE SIMULTANEOUSLY.
THESE ABILITIES NATURALLY DECLINE WITH:

- AGEING
- NEUROLOGICAL CONDITIONS
- SEDENTARY LIFESTYLES
- INJURY OR ILLNESS
- COGNITIVE DECLINE



WHY DUAL-TASK TRAINING MATTERS

SMARTFIT TRAINS THESE FUNCTIONS TOGETHER TO BETTER SUPPORT:

- INDEPENDENCE AND CONFIDENCE
- FUNCTIONAL MOVEMENT
- SAFER MOBILITY
- FASTER REACTIONS
- IMPROVED COGNITIVE RESILIENCE



PSLT

ACTIVE AGEING & LONGEVITY

SMARTFIT SUPPORTS HEALTHY AGEING BY COMBINING PHYSICAL ACTIVITY WITH COGNITIVE STIMULATION IN ONE INTEGRATED EXPERIENCE.

PROGRAMMES CAN HELP IMPROVE:

- BALANCE AND STABILITY
- MOBILITY AND COORDINATION
- REACTION TIME AND AWARENESS
- COGNITIVE FUNCTION AND CONFIDENCE

ITS ENGAGING, GAME-BASED FORMAT INCREASES PARTICIPATION WHILE SUPPORTING LONG-TERM MOVEMENT AND WELLNESS PROGRAMMES.

IDEAL FOR:

- LEISURE FACILITIES
- COMMUNITY WELLNESS PROGRAMMES
- RETIREMENT LIVING
- FALLS PREVENTION INITIATIVES



PSLT REHABILITATION & NEUROLOGICAL SUPPORT

SMARTFIT CAN SUPPORT REHABILITATION AND NEUROLOGICAL TRAINING PATHWAYS THROUGH ADAPTABLE COGNITIVE-MOTOR EXERCISES.

IT CAN BE INCORPORATED INTO PROGRAMMES SUPPORTING INDIVIDUALS WITH:

- PARKINSON'S DISEASE
- DEMENTIA AND ALZHEIMER'S
- STROKE RECOVERY
- BRAIN INJURY REHABILITATION
- NEUROLOGICAL MOVEMENT DISORDERS
- MOBILITY AND COORDINATION IMPAIRMENTS

TRAINING CAN BE ADJUSTED TO SUIT INDIVIDUAL ABILITY LEVELS, CREATING SAFE AND PROGRESSIVE REHABILITATION ENVIRONMENTS FOCUSED ON MOVEMENT QUALITY, COGNITION, AND CONFIDENCE.



PSLT MENTAL HEALTH & COGNITIVE WELLNESS

MOVEMENT AND COGNITION ARE DEEPLY CONNECTED TO EMOTIONAL WELLBEING AND MENTAL RESILIENCE.

SMARTFIT CREATES IMMERSIVE, ENGAGING EXPERIENCES THAT CAN SUPPORT:

- COGNITIVE STIMULATION
- MOOD AND ENGAGEMENT
- CONFIDENCE AND MOTIVATION
- FOCUS AND CONCENTRATION
- STRESS REDUCTION THROUGH MOVEMENT
- SOCIAL INTERACTION AND PARTICIPATION

ITS INTERACTIVE, ACHIEVEMENT-DRIVEN FORMAT ENCOURAGES USERS TO STAY ENGAGED WHILE DEVELOPING BOTH PHYSICAL AND COGNITIVE CAPACITY.



PSLT

YOUTH DEVELOPMENT & PERFORMANCE

SMARTFIT PROVIDES AN ENGAGING ENVIRONMENT FOR DEVELOPING COORDINATION, REACTION SPEED, AND PHYSICAL LITERACY IN YOUNGER POPULATIONS.

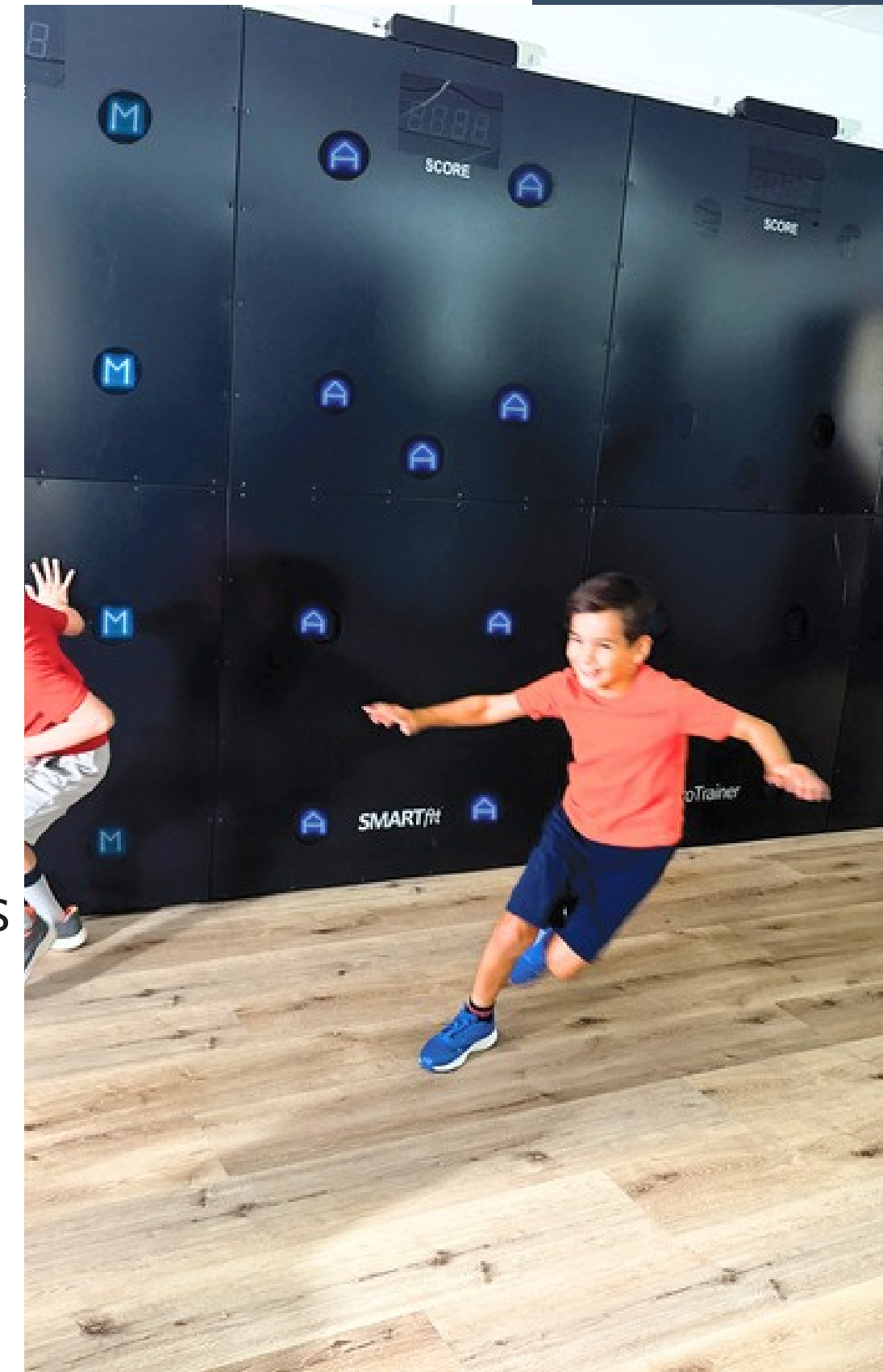
PROGRAMMES CAN SUPPORT:

- ATHLETIC DEVELOPMENT
- COORDINATION AND AGILITY
- MOTOR SKILLS AND HAND-EYE COORDINATION
- COGNITIVE PROCESSING AND REACTION TRAINING

ITS GAME-BASED APPROACH INCREASES PARTICIPATION WHILE HELPING YOUNG USERS BUILD MOVEMENT CONFIDENCE AND NEUROLOGICAL PERFORMANCE FOUNDATIONS.

IDEAL FOR:

- SCHOOLS AND ACADEMIES
- YOUTH FITNESS PROGRAMMES
- SPORTS CLUBS
- ATHLETIC DEVELOPMENT ENVIRONMENTS



PSLT

FLEIXBLE FOR HEALTH & FITNESS ENVIRONMENTS

SMARTFIT SYSTEMS ARE DESIGNED FOR FLEXIBLE IMPLEMENTATION ACROSS MULTIPLE SECTORS AND FACILITY TYPES.

SUITABLE FOR:

- GYMS AND HEALTH CLUBS
- BOUTIQUE FITNESS STUDIOS
- REHABILITATION CENTRES
- PHYSIOTHERAPY ENVIRONMENTS
- COMMUNITY WELLNESS FACILITIES
- ACTIVE AGEING PROGRAMMES
- CLINICAL EXERCISE SETTINGS

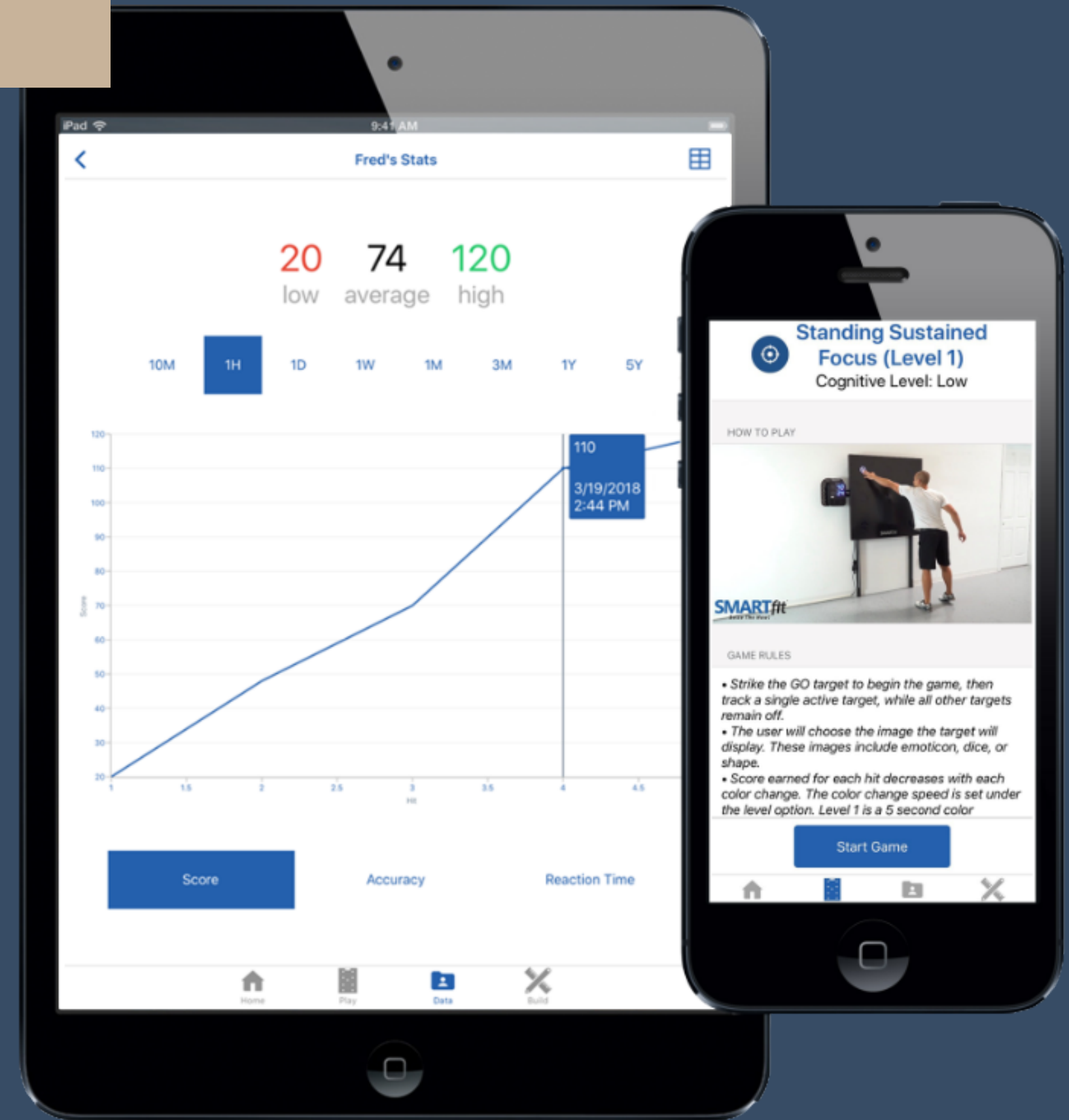
SMARTFIT CAN BE USED FOR:

- INDIVIDUAL SESSIONS
- SMALL GROUP TRAINING
- FUNCTIONAL CIRCUIT TRAINING
- COGNITIVE WELLNESS PROGRAMMES
- REHABILITATION PATHWAYS



WHY SMARTFIT?

- ✓ EVIDENCE-BASED COGNITIVE-MOTOR TRAINING
- ✓ ENGAGING AND HIGHLY MOTIVATING
- ✓ ADAPTABLE TO ALL ABILITY LEVELS
- ✓ TRACKS PROGRESS AND PERFORMANCE
- ✓ SUPPORTS PHYSICAL AND COGNITIVE WELLBEING
- ✓ SUITABLE ACROSS MULTIPLE POPULATIONS
- ✓ TRAINS REAL-WORLD FUNCTION; NOT ISOLATED FITNESS
- ✓ ENCOURAGES PARTICIPATION AND LONG-TERM ADHERENCE



SMARTFIT PRODUCTS

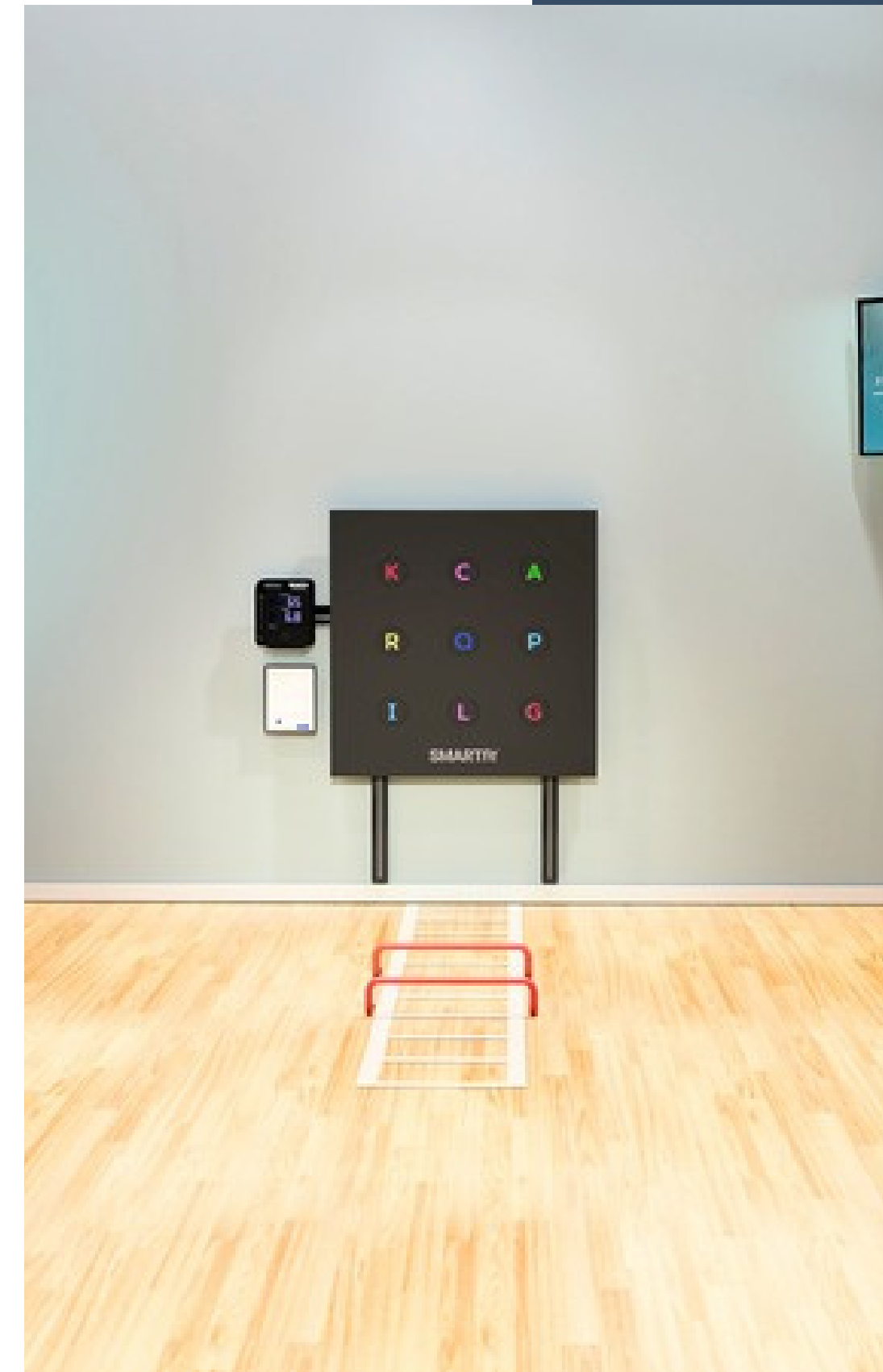
INTRODUCING THE SMARTFIT MINI

THE SMARTFIT MINI IS A COMPACT, INTERACTIVE COGNITIVE-MOTOR TRAINING SYSTEM DESIGNED FOR REHABILITATION, ACTIVE AGEING, FUNCTIONAL FITNESS, AND COGNITIVE WELLNESS. ITS ADJUSTABLE DESIGN AND GUIDED PROGRAMMING MAKE IT HIGHLY ACCESSIBLE ACROSS MULTIPLE POPULATIONS AND ABILITY LEVELS.

FOR HEALTH & FITNESS

- REHABILITATION ENVIRONMENTS
- ACTIVE AGEING PROGRAMMES
- PERSONAL TRAINING STUDIOS
- COGNITIVE WELLNESS SESSIONS
- SMALL GROUP FUNCTIONAL TRAINING

IT DELIVERS ENGAGING BRAIN-BODY TRAINING IN A COMPACT FOOTPRINT SUITABLE FOR FLEXIBLE FACILITY INTEGRATION.



SMARTFIT PRODUCTS

INTRODUCING THE SMARTFIT PROTRAINER

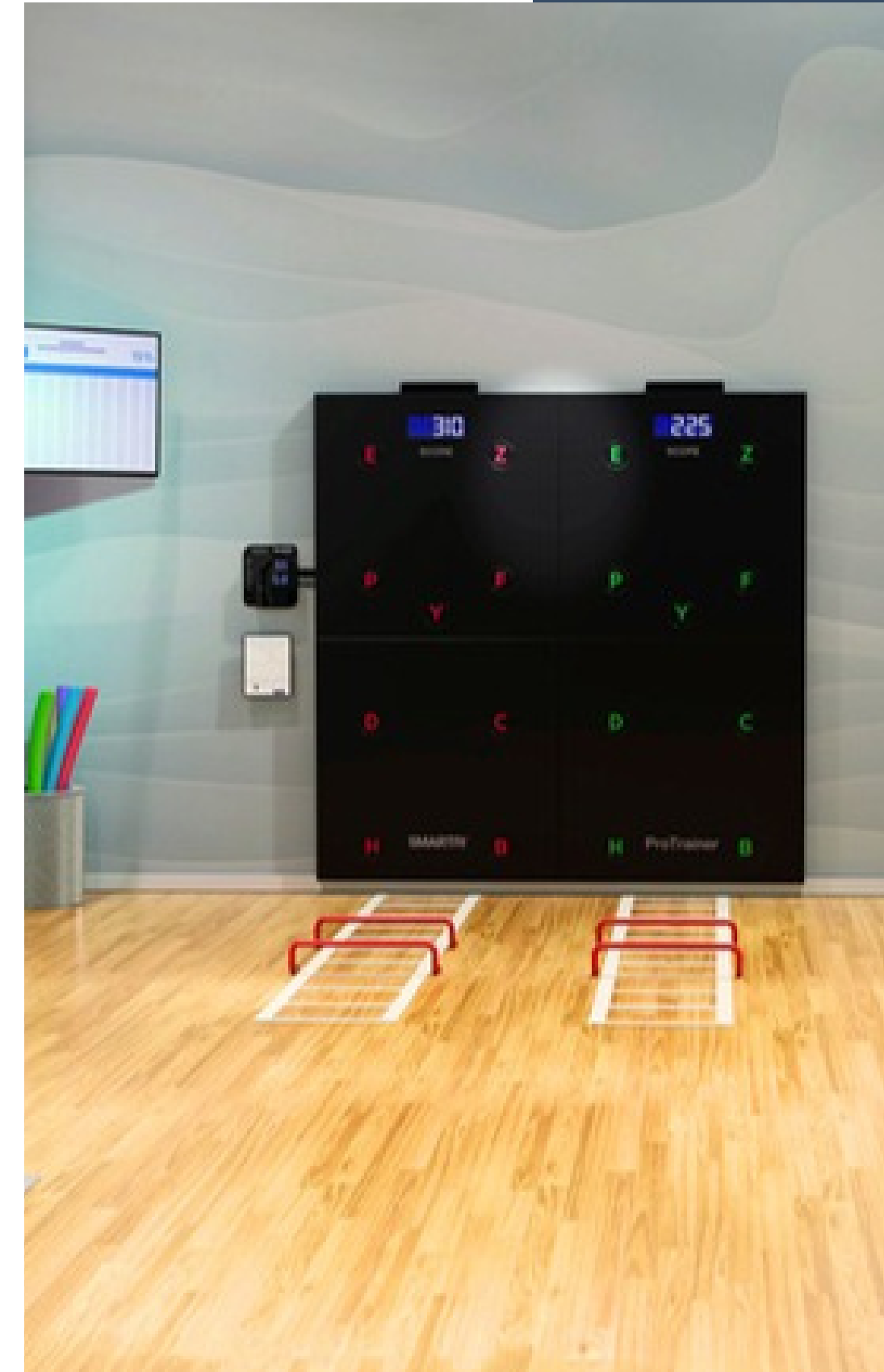
THE SMARTFIT PROTRAINER IS A LARGER, MULTI-STATION TRAINING SYSTEM DESIGNED FOR GROUP ENGAGEMENT, PERFORMANCE TRAINING, REHABILITATION, AND FUNCTIONAL MOVEMENT DEVELOPMENT.

WITH MULTIPLE SENSOR TARGETS AND SCALABLE PROGRAMMING, IT ENABLES SIMULTANEOUS PARTICIPATION AND PROGRESSIVE TRAINING ACROSS VARIED ABILITY LEVELS.

FOR HEALTH & FITNESS

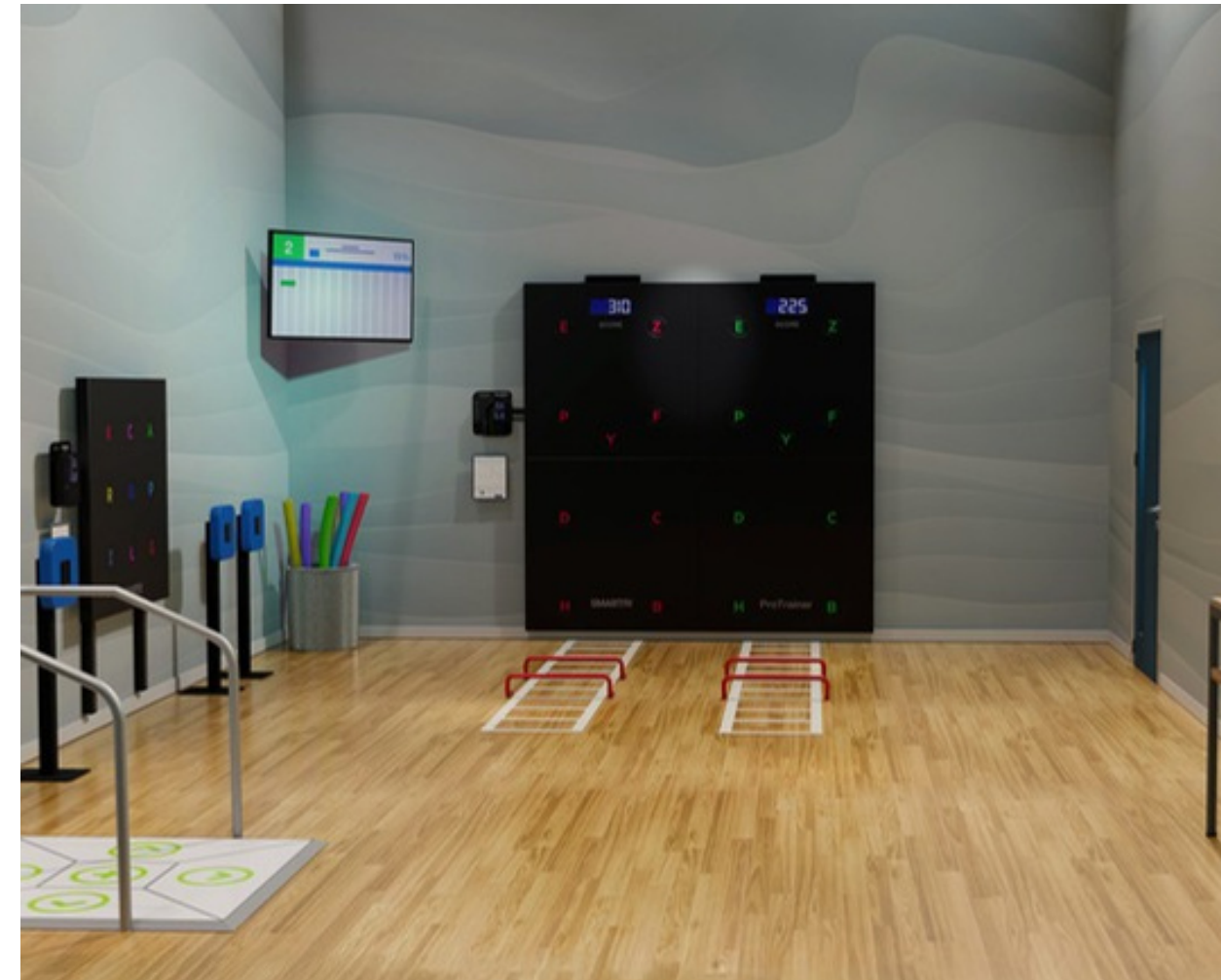
- FUNCTIONAL FITNESS SPACES
- GROUP TRAINING ENVIRONMENTS
- NEURO TRAINING PROGRAMMES
- YOUTH ATHLETIC DEVELOPMENT
- ACTIVE AGEING COMMUNITIES
- REHABILITATION FACILITIES

IT CREATES IMMERSIVE, ENGAGING EXPERIENCES THAT IMPROVE MOVEMENT QUALITY, COGNITIVE PERFORMANCE, AND OVERALL FUNCTIONAL CAPABILITY.



LAYOUT OPTIONS

WHETHER IMPLEMENTING A COMPACT REHABILITATION STATION OR A LARGER MULTI-USER TRAINING ZONE, SMARTFIT OFFERS FLEXIBLE INSTALLATION OPTIONS FOR THE HEALTH AND FITNESS INDUSTRY.



PSLT

THE BOTTOM LINE

SMARTFIT TRAINS THE SKILLS PEOPLE ACTUALLY USE IN EVERYDAY LIFE.

BY COMBINING MOVEMENT, COGNITION, REACTION, AND COORDINATION INTO ONE INTEGRATED EXPERIENCE, SMARTFIT HELPS PEOPLE MOVE BETTER, THINK FASTER, REACT QUICKER, AND LIVE WITH GREATER CONFIDENCE.

FROM ACTIVE AGEING AND REHABILITATION THROUGH TO YOUTH DEVELOPMENT AND COGNITIVE WELLNESS, SMARTFIT DELIVERS ENGAGING, MEASURABLE TRAINING THAT SUPPORTS LONG-TERM HEALTH, PERFORMANCE, AND INDEPENDENCE.

SMARTfitTM





SMARTfit™



01282 969616



PSLT.CO.UK



INFO@PSLT.CO.UK