

rugged interactive

SPOTLIGHT ON:

The Pearson Centre for Young People



In December 2018, The Pearson Centre installed a **CardioWall Portrait** into their community centre. We followed up with **Wendy Kane, Centre Manager**, 3-months later to see how the CardioWall has transformed their youth gym.

A snapshot of The Pearson Centre:

The Pearson Centre works with children and **young people aged 4-18 years**, providing after school and weekend activities.

The Centre has regular **Boys' and Girls' Brigade** groups that use the facility for their weekly activities. Facilities include a sports hall, youth gym, studios and outdoor 5-a-side pitch.

Why did the Pearson Centre choose a CardioWall?

The Centre wanted to add a challenging interactive fitness tool to their youth gym. The expectation being, that it would **motivate users to be more active and enjoy themselves whilst they exercised**.

They also believed that the CardioWall could teach life lessons to young people such as **teamwork, communication and goal setting**. All key features for the Boys' and Girls' Brigade.

"The CardioWall is great and makes the workout fun. It helps with teamwork, as we can play on it together"

Member of The Boys' Brigade



Feedback on the CardioWall:

The CardioWall has been used in the youth gym sessions as part of **fitness training** for members. The Centre encourages the use of the leader board to keep track of, and beat previous scores.

The **CardioBeat** program is the children's favourite as they can play either individually, or in groups, which is great for **teamwork and communication** skills. Team games and scores mean they strive to progress and help each other out.

The Centre has introduced a '**Pearson to Paris Challenge**', where every use of the CardioWall goes towards building up virtual kilometres along this journey.

What they had to say:

"The CardioWall has massively helped to improve teamwork in the Boys' and Girls' Brigade – it is fantastic to see their scores improve"

Wendy Kane, Centre Manager