

# Testimonial Page

For Physical Educators

"Every PE program in the country should have a Railyard in their program. Students enjoy exercise on an Obstacle Course – it gets them moving in ways they have not moved before – the exercises makes them stronger – improves their strength – provides cardiovascular conditioning, agility, and body balance." **Phil Lawler, PE4life Director of Education and Training**

"It is my belief that a comprehensive fitness program addresses these ten general physical skills, Cardiovascular endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. The Railyard Conditioning course addresses each of these skills with scalability to meet the individualized skill levels of our students. I highly recommend the Railyard Conditioning Course to any Physical Education program. It's truly been a difference maker at Panther Run." **C.J Cain, Panther Run Elementary Lake Worth Florida, Physical Education**

"One of the great aspects of using the obstacle course is that both sides of the brain are utilized to perform the challenges the course offers, when students have to move across the midlines of their bodies. Students actually have fun meeting the challenges of the course, which disguises the fitness benefits derived by participation." **Paul Zientarski, Instructional Coordinator, Physical Ed., Health,**

"Every child is challenged at their own level, without others realizing they are at different levels of fitness. It truly is an inclusive workout that all ages and skill levels can do without feeling left behind or holding up the group." **Doug Stebbins, M.S. Physical Education, Egoscue PAS, NASM Personal Trainer**

"We've been using the Railyard fitness system. The kids found it a lot harder than they thought it was going to be. They didn't realize how much balance was involved in fitness. And, I think that's probably one of the biggest values of it" **Deb Swan, Physical Education Teacher, South High School, Denver, CO**

"The Railyard provides all students with individual challenges as they accomplished movement and tasks, while having fun." **Susan Slocum, Physical Education Dept., Hill Campus, Denver, CO**

"We have an obstacle course and I use it with my K-6 elementary PE classes. I incorporate it into my stations. The kids love it!" **Mary Cromer, Cass Midway School, Cleveland, MO**

"If I went into a new school and could only buy one thing, I would buy the Railyard. It's versatile and meets the various needs of our program. (Maybe we should say it supports the PE4life principles we implement in our program). **Elaine Alexander, PE4life Academy Director, Kansas City, MO School District**



**RAILYARD FITNESS®**

