

Education



Fitness Solutions

For Your Health Program

CARDIO | VIBRATION | STRENGTH



Education | exceeding *your* expectations

Gym class is about to change for the better! After 46 years, The President's Youth Fitness Test is being phased out, in favor of a more comprehensive fitness initiative that will stress health-related fitness and personal athletic prowess.

At BH Fitness, our comprehensive line of strength, cardio and vibration makes BH and the Iron Company your ideal partner for creating a new gym environment, or transforming an existing facility into a showcase that will be used by your student body and sport teams.

At least 60-minutes of physical activity in kids enhances concentration and problem solving, which improves academic performance on standardized tests, particularly in math, English and reading.

- The President's Council of Physical Fitness, Sports & Nutrition

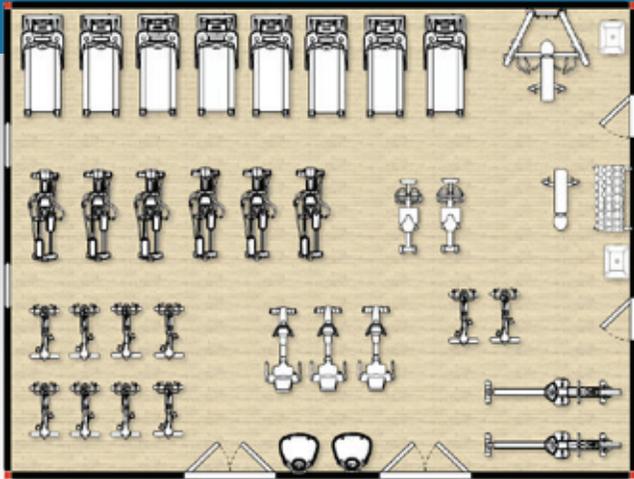
A good fitness program includes cardiovascular workouts and activities to improve strength, flexibility, coordination and stimulated brain activity. Globally, 43 million children are overweight or obese. Physical activity has many health benefits, it can help children maintain healthy weight and build healthy bones, muscles and joints. The Let's Move program and National Association for Sports and Physical Education are both advocates in high quality PE programs. BH Fitness is your solution to creating a gym with products that offer superior performance, and present a contemporary look and feel to your facility.

LK500Ti
Treadmill



Student Satisfaction | exceeding *their* expectations

A healthy lifestyle starts with BH and the Iron Company. At BH Fitness we leveraged over 100 years of experience and innovation to consistently deliver award-winning, user-friendly equipment with a focus on quality and value. We inspire, motivate and challenge your student body by promoting a healthier lifestyle with equipment focused on biomechanics and user needs, providing them with the tools to enhance their overall level of fitness. The heart of the school is often the gym. It's where students gather, celebrate team spirit, and foster habits that will be lifelong habits of physical fitness.



Sample 1200 sq. ft. layout

A healthy and happy student is our Specialty

BH works with many professional athletes who train on BH Fitness equipment daily. Providing them with the right equipment to elevate their game, personal best and keep them on top of the podium. We're also fitness facility experts, and can help you make the most of your space. Our extensive cardio line features numerous programs and heart rate monitoring capability (Polar® wireless and contact heart rate grips). It also includes MP3 player connectivity and integrated personal cooling fans, giving your students a more enjoyable workout experience.



A full workout in less than 4 square feet

Maximizing space is key. No matter what the size of your fitness facility, we can utilize your space to its full potential with the right equipment for your students.



Call the Iron Company now for a special quote | 888-758-7527

LK500R
Recumbent



LK500X
Elliptical



LKT8
Treadmill



CustomerCare

servicing your needs

DID YOU KNOW?

Childhood obesity is one of the most serious public health challenges of the 21st century. It harms nearly every system, increasing the risk of disease and disability later in life and its curable with physical fitness.

- Harvard School of Public Health

A 4-year exercise program in children increased bone mass without increasing fracture risk.

- Pediatrics, Vol. 129 No. 6

Treadmill study determines physical fitness boots brain power for tests, special learning and memory.

- University of Illinois at Urbana-Champaign
LA Times report



Heritage Intermediate - Fontana, Ca.

For Customer Service Please Contact us at:

888-758-7527

www.IronCompany.com