

Starting a new life with Healthbeat



For many elderly people, living in a retirement village rarely ever means being physically active and challenged. With Healthbeat outdoor fitness equipment, things will change! Healthbeat is the new way of combining physical activity with therapeutic healing and social interaction (attracting friends and family to visit their relatives more often) – introduced to Australia by Playscape Creation and implemented by Tall Trees.

The newly released Healthbeat combo units are a great “add on” within retirement villages - ideally placed close to a playground and entertainment space to create a multigenerational and multifunctional community hub. This enables residents to gather with friends, family and/or staff, spending premium time outdoors and giving everybody something to do.



At our demonstration session at the Tall Trees Retirement Village people said: “Healthbeat is moving my bones and lifting my spirits. I had doubts, but it’s really easy to use - great!”

“This is great, whenever I come here with my two little kids, we now can join grandma and have a nice chat while she is working on the Healthbeat. It’s wonderful to see how enthusiastic she is about doing some exercise. And once she is tired I can have a go.”



Based on extensive research data from varying professions, Healthbeat has been developed to be part of a multigenerational, functional and integrated recreational space that enables Australian Tall Tree retirement villages to encourage their residents to stay active and their families to participate in the exercises.

Playscape Creations Project Development Manager Tobias Volbert said, “Thanks to Tall Tree’s openness to new ideas, we are able to make retirement villages more active and lively places to be enjoyed by everybody!”

Playscape Creations provides one off display presentations at your Retirement Village or other Development set ups and provides guidance for users.

