



**Health Walker**

*Fit in Nature*

Art. no.: Z6007-0000-010

Dimensions: 1045 x 700 x 1390mm  
Foundation: 1300 x 1000 x 300mm

The health walker is a great piece of equipment for building endurance. Movement on the leg trainer mobilises the large muscle groups of the lower half of the body. It also requires the upper half of the body to provide support and, together with the movement in the lower half of the body, helps to stabilise the hips and pelvis. At the same time, it increases and maintains coordination – vital for preventing falls as we get older.