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As our society evolves further and further into information society, our basic needs for physical exercise and play are not diminishing anywhere.

In fact, the kids of the 21stcentury, need regular exercise dosed into their daily lives more than ever as the humans in modern society no longer do heavy outdoor work or physical labor.

Finnish playground and outdoor gym maker Lappset has a 40-year history in thinking new ways of playing. The early vision of the company has been to develop a holistic view of designing and manufacturing environmentally sustainable playgrounds and equipment.

Their latest innovation is called Digiplay: a set of IT-based games to completely new environments, outdoors and public indoor spaces. The Digiplay series includes SmartUs, a versatile interactive learning environment, InGrid, a game unit designed for indoor use, and Lappset Mobile Playgournd, the innovation that takes gaming outdoors and turns it into outdoor fitness (in Finnish:ulkoliikunta). All of Lappsetâ€™sDigiplay products combine gaming with playful exercise. Players are immersed in the game and get exercise without even realising it.

Take SmartUs for example: It encourages the children (or adults) to run, jump, play games and experience moments of success together while bringing the everyday technological and media platforms to the playgrounds.

SmartUs Basic contains of iStation unit, iPost units with RFID recognition technology and an iGrid interactive grid. The smart posts, which recognize the player when touched, can be placed in the yard or playground anyway you like, also among other traditional playground equipment. The SmartUs system comes complete with a set of different games which are easy to use from the screen menu.

These games teach motoric skills as well as perception skills and while they are games run by computer, they certainly wonâ€™t leave the kids sitting in front the of the screen. Instead, they make them run and frolic around.

And one of the stunning features is that, the playgrounds equipped with SmartUs technology can be connected to each other â€“ no matter where they are. Currently SmartUs playgrounds have been delivered to 19 countries around the world, so your kid might just as well be playing with someone across the street or someone in Japan, Romania or United Arab Emirates.

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