



Never Leave The Playground

Home - Helping You Make A Habit of A Healthy Lifestyle. "Stephen Jepson"



 YouTube



Never Stop Playing

As we age, many of us have a fatal flaw that can lead to a fatal fall — we lose our balance, stability and coordination. Stephen Jepson says he can change that for...

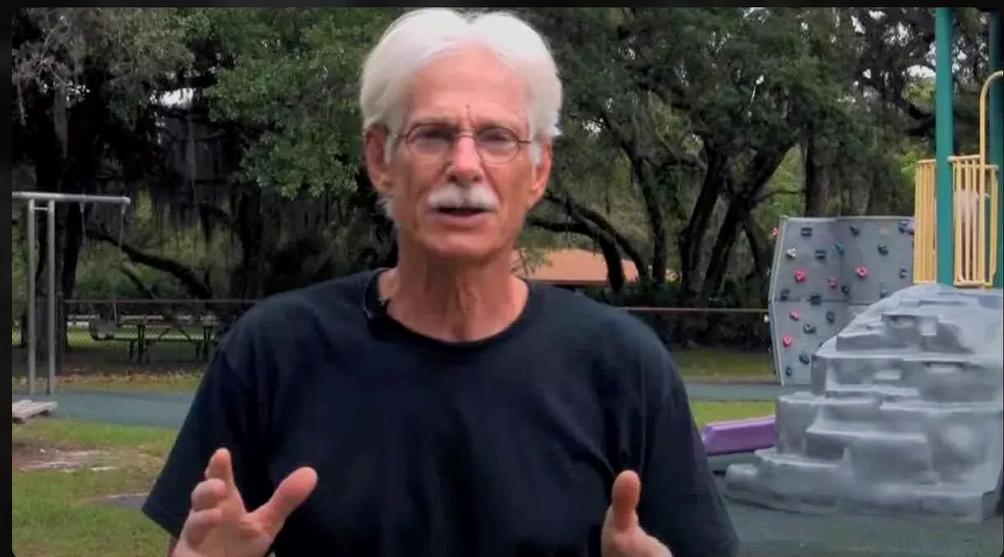
Watch This News Interview Amazing Video on A Very Unique Way of Health



A Message From Stephen

A Personal Note to You:

Hi there, it's Stephen here. I wanted to take a moment to share a few thoughts with you. Playing and staying active has always been a huge passion of mine, and I hope that through our videos and resources, we can inspire you to never stop exploring and enjoying life's playground.



Watch this Amazing Interview



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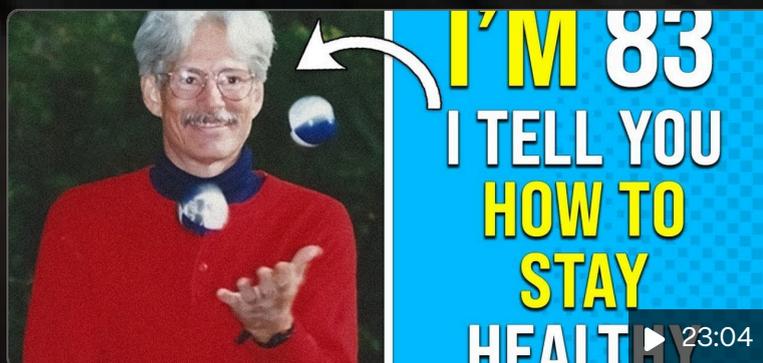


Never Stop Playing

As we age, many of us have a fatal flaw that can lead to a fatal fall — we lose our balance, stability and coordination. Stephen Jepson says he can change that for...

The Full Story of Stephen' Journey

A.I. Pretty Informative



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He Tried 12 Anti-Aging Tricks Every Day for 1 Year, Here's What Happe...

Stephen Michael Jepson was born May 31, 1941, in Sioux City, Iowa. After receiving his MFA from Alfred University in 1971, he went on to open his studio in...

Explore the art of playful learning with Stephen Jepson's unique video series on unique play. Discover brain-boosting activities like knife throwing, tightrope walking, and unicycle riding designed to improve health and cognitive function through simple, enjoyable play.

Stephen's keynote presentation on health and wellness is Perfect for individuals and companies looking to inspire well-being and productivity through play.



Better Health and Longevity Through the Art of Play



YouTube



For Speaking Engagements Contact Stephen Jepson .mov

This is my dream: For everybody to be healthier, happier, and to have a long life. I am available to share the Never Leave the Playground program with your...

Enhanced mental stamina through movement

Engaging in playful activities doesn't just bring us joy - it can also lead to **improved health and enhanced mental stamina**. When we embrace the "art of play", we tap into a powerful resource that can support our overall well-being and help us live fuller, more vibrant lives.

Play stimulates our bodies, minds, and spirits

Play stimulates our bodies, minds, and spirits in ways that traditional exercise or work cannot. By moving our bodies in creative, expressive ways, we improve cardiovascular health, build strength, and boost our mood. The mental challenge of play helps us stay sharp, resilient, and adaptable as we age.

Unlock a pathway to better health and longevity

Whether it's rediscovering the thrill of swinging on a swing set, challenging friends to a game of tag, or trying out a new hobby, prioritizing play can unlock a pathway to better health and longevity. By incorporating more playful elements into our daily lives, we can cultivate the vitality and joy that make life truly worth living.



Improve Your Memory and Focus Through Play

Discover how the art of play can unlock your brain's full potential. Stephen Jepson's program transforms your life by enhancing cognitive functions, boosting memory, and improving concentration through engaging, playful activities.



Ignite growth in mind and body with the art of play

A program of activities that stimulates the growth of the brain and body by specific training of the hands and feet. A unique program developed by Stephen Jepson.

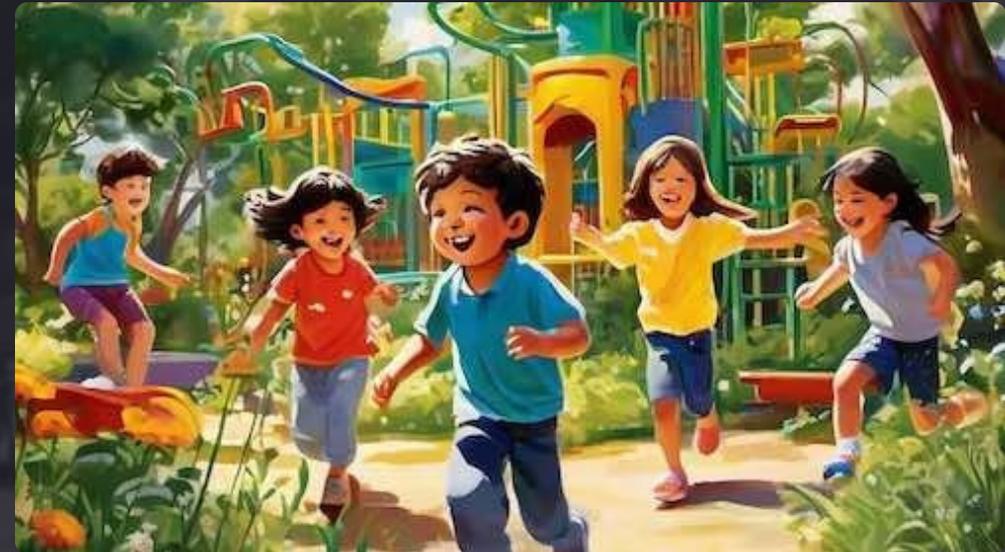


Simple Unique Games

Learn more about the Simple Unique Playground Games that Stephen created. This unique program is designed to bring the joys of classic playground activities to people of all ages.

Stephen shares insights into the inspiration behind his innovative approach. By harnessing the timeless appeal of playground games, he aims to promote enhanced health, longevity, and a renewed sense of playfulness.

Stephen's passion for play is evident as he explains the core principles of his program. Discover how embracing the art of play can unlock physical, mental, and emotional benefits that enrich our lives in meaningful ways.



Thrilling Playground Slides Await You

Classic Playground Slides. The simple joys of sliding down a metal or plastic slide have delighted children for generations. These timeless playground staples provide a thrilling ride and a sense of freedom as kids glide down the smooth surface. Whether it's a straight slide, a winding spiral, or a towering twisty slide, the classic playground slide is a beloved feature that brings smiles to young faces.



Learn More about A Unique Play Ground Experience



YouTube



Never Leave the Playground In...

Never Leave The Playground is A Program of Activities that...

The Program

In this interview, we sit down with Stephen Jepson, the visionary behind the "Never Leave The Playground" program. Stephen has dedicated his life to exploring the profound benefits of play and movement, and has created a unique collection of hand and feet exercises designed to boost brain power, increase metabolism, and support overall health and wellbeing.

With a deep understanding of the human body and mind, Stephen has developed a revolutionary approach that harnesses the power of classic playground games and activities. By encouraging people of all ages to embrace their inner child and rediscover the joy of play, he aims to help individuals achieve better health, enhanced longevity, and a renewed sense of vitality.

Through this insightful interview, Stephen shares his passion for the "Never Leave The Playground" program, offering a glimpse into the inspiration and principles that guide his work. Discover how embracing the art of play can unlock physical, mental, and emotional benefits that enrich our lives in profound and lasting ways.



Volleyball Bonanza. Explore Playground Games

Playground ball games have been a beloved part of childhood for generations. From the classic games of catch and kickball to the more strategic sports like basketball and four-square, these activities have long been a source of joy, exercise, and social connection for kids of all ages.

Beyond just being fun, playground ball games offer a wealth of benefits that extend far beyond the playgrounds of our youth. These games challenge both the body and the mind, requiring coordination, strategy, and teamwork - skills that serve us well throughout our lives. Moreover, the active nature of these games helps to promote physical fitness, healthy habits, and an overall sense of wellbeing.

As we grow older, it can be easy to lose touch with the simple pleasures of these playground classics. But by rediscovering the joy of play, we can unlock a renewed sense of vitality and unlock the profound benefits that come from embracing our inner child. Whether you're looking to boost your brain power, enhance your longevity, or just have some good old-fashioned fun, playground ball games offer a timeless and accessible path to better health and happiness.



YouTube



Jepson Highlights The Fountai...

Improve your body & mind with the "Jepson Method". Exercise, and...

▶ 06:58

The Fountain of Youth

In this captivating video, Stephen delves into the secrets of the "fountain of youth" hidden within the revolutionary program. Prepare to be inspired as he unveils the transformative power of play and its ability to unlock a new era of health, vitality, and longevity.

Through his infectious enthusiasm and deep expertise, Stephen guides us on a journey of rediscovery. He reminds us that the key to lifelong well-being lies not in rigid regimens or restrictive diets, but in the simple joys of childhood - the thrill of sliding down a slide, the challenge of conquering a monkey bar, the camaraderie of classic playground games.

By embracing the art of play, we can reignite the spark of youthfulness that resides within us all. Stephen's insights offer a refreshing antidote to the stresses of modern life, inviting us to step away from our screens and immerse ourselves in the boundless energy and growth-inducing benefits of the playground.

Prepare to be captivated and empowered as you witness Stephen's vision for a future where play is not just a pastime, but a transformative pathway to enhanced health, longevity, and an unparalleled sense of joy and fulfillment.



Playtime Paradise: Slides, Games, and Monkey Bars Galore

Swing into endless fun with Playground Slides, Games, and Monkey Bars! Explore a world of adventure and excitement as you glide down thrilling slides, challenge your skills on classic games, and climb to new heights on agile monkey bars.

Whether you're a kid at heart or looking to reignite your sense of playfulness, this playground oasis has something for everyone. Dive into the magic of childhood memories, where laughter and discovery go hand-in-hand. Fuel your body and mind with the boundless energy of playtime, unlocking growth and vitality with each swing and slide.

So come out and play! Unleash your inner adventurer and embrace the joy of Playground Slides, Games, and Monkey Bars. Where will your playground odyssey take you today?

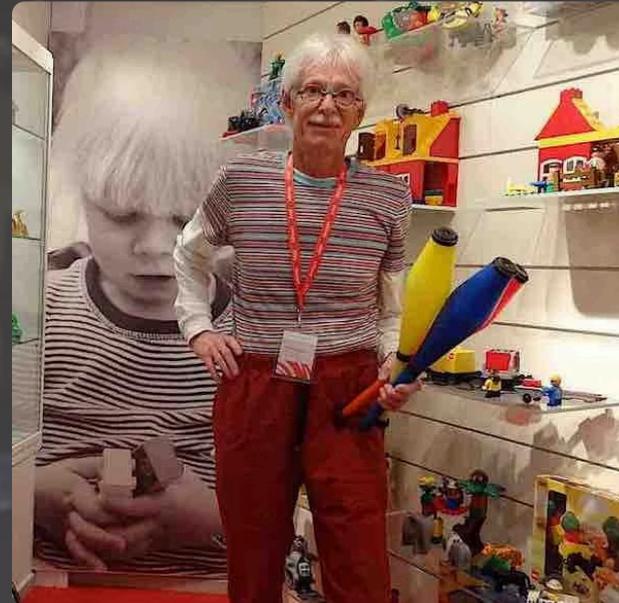


A Supercharged Motivational Keynote Speaker

Stephen's [Keynote Presentation will inspire your company's, group, or organization's members](#) to feel better think clearer be physically more agile, the healthier and increase productivity.

Stephen Jepson's program introduces a compelling approach to lifelong cognitive health: training both the right and left sides of the body consistently. This balanced physical activity is essential for maintaining a sharp, vibrant, and healthy brain throughout our lives.

Jepson's method focuses on innovative hand and foot exercises designed to stimulate the growth of new brain cells, foster the development of healthy neurons, and encourage the formation of vital neural pathways, contributing to a robust, resilient brain.





Enhanced Health and Longevity Through the Art of Play

Unlock the Secret to Enhanced Health and Longevity Through the Art of Play

"No matter how old we are or what health challenges we face, we can all benefit from staying active and doing things that bring us joy. And I want us to do it together, hand in hand, with all the love and happiness in the world".

"Stephen Jepson"





- This vibrant classic-style playground represents the joy and energy of a healthy, active lifestyle.
- The bright colors, fun equipment, and smiling children convey a sense of playfulness and vitality.
- The message "Never Leave The Playground" encourages us to maintain a playful, youthful spirit throughout our lives.
- Helping people develop healthy lifestyle habits is the core focus of this presentation.
- The website and keynote speaker "Stephen Jepson" information provide resources for learning more about achieving a healthy, fulfilling lifestyle.

Visit Our Playground Video Website. Featured [Helpful unique custom playground videos](#) / Stephen Jepson A Keynote Speaker on Health & Wellness.



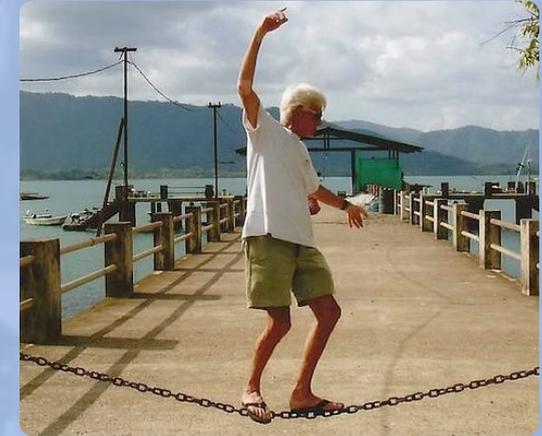
Embark on A Unique Playground Journey

Embark on an exhilarating adventure that will captivate your senses and transform your well-being. Discover a thrilling program of simple yet powerful games that supercharge your focus, ignite your metabolism, and elevate your overall cognitive prowess.

Unlock the secrets to better health and sharper brain function as you immerse yourself in this playful journey. Prepare to be amazed as you boost your attention span and energy levels in no time, all while experiencing the sheer joy of rediscovering the art of play.

These captivating games are designed to unlock your full potential, blending the perfect balance of challenge and delight. Embrace the thrill of the playground and let your inner child shine, as you embark on a transformative experience that will leave you feeling rejuvenated, energized, and ready to conquer the world.

Photo of one of Stephen's Custom Design Toys that is designed to sharpen your hand eye coordination. Featured in [The Playground Videos](#)



Playful Wonders: Experience the Charm of One-of-a-Kind Playground Games



Swing Time

Embrace your inner child and soar to new heights on the classic playground swings, where you can experience the thrill of flying through the air.



Slide Spectacular

Glide down the colorful slides, feeling the wind in your hair as you zip through the air, landing with a delighted giggle.



Climb On

Challenge your physical and mental agility on the towering climbing structures, where you can conquer new heights and unlock a sense of accomplishment.



Hopscotch Hop

Reconnect with the simple joys of childhood by playing a classic game of hopscotch, hopping and jumping your way to victory.



Immersive User Experience

1

Explore

Visitors to playgrounds are encouraged to fully immerse themselves in the experience, discovering and engaging with the interactive features.

2

Discover

As they navigate the playgrounds, visitors will uncover a wealth of information, resources, and opportunities to learn new skills and play classic games with My Program.

3

Connect

The playground fosters a sense of community, allowing visitors to connect with each other, share their experiences, and even participate in friendly competitions.



Our Playground Videos

[Learn More About The Videos](#)

[Video Shop Direct](#)

Unlock a world of boundless joy and vitality - **Dive into Our Captivating Videos** and discover the transformative power of play. Get ready to be energized, inspired, and rejuvenated like never before!

This will will change your life for the better. You will be smarter more energetic and simply healthier just by playing on the playground with my videos.

Classic Playground Games



Hopscotch

The classic game of hopscotch, with its colorful chalk grid and playful movements, has been a beloved fixture of playgrounds for generations. This timeless activity encourages physical activity, coordination, and strategic thinking as players hop and jump their way through the numbered squares.

At its core, hopscotch is a simple game that taps into our innate sense of curiosity and wonder. The act of tossing a marker and navigating the grid, either on one foot or two, challenges players to maintain balance, focus, and quick reflexes. As they progress through the levels, the game becomes increasingly complex, requiring participants to adapt their techniques and anticipate their next moves.

Beyond the physical aspect, hopscotch also fosters important cognitive skills. Players must plan their strategy, remember the sequence of squares, and make quick decisions as they navigate the grid. This mental engagement helps to sharpen problem-solving abilities, improve memory, and enhance overall brain function.

The beauty of hopscotch lies in its ability to transcend generations and cultures. From the playgrounds of our childhood to the vibrant streets of urban communities, this game has the power to bring people together, spark laughter, and create lasting memories. Whether you're rediscovering the joys of hopscotch or introducing it to a new generation, this classic playground activity continues to captivate and delight.



Tether Ball Games

The spinning, swinging motion of tether ball captivates players of all ages, drawing them into a thrilling dance of reflexes and hand-eye coordination. As competitors vie to wrap the ball around the pole, the classic playground game fosters a spirit of friendly rivalry and social connection.

Tether ball's timeless allure lies in its ability to transport us back to the carefree days of our youth, when the simple joys of the playground were all that mattered. The satisfying thwack of the ball against the pole, the burst of adrenaline as you race to gain the upper hand, and the laughter shared with friends - these are the moments that make tether ball a beloved and enduring pastime.

Beyond the pure entertainment value, this game also offers valuable lessons in sportsmanship, strategy, and perseverance. As players strategize their next move and adjust their techniques, they develop essential skills that can be applied to various aspects of life. The tether ball court becomes a microcosm of the world, where individuals learn to navigate challenges, celebrate victories, and gracefully accept defeats.

Whether you're revisiting the joys of your childhood or introducing this classic to a new generation, the timeless appeal of tether ball continues to captivate and delight. Embrace the spinning, swinging motion, and let the tether ball court become your gateway to a world of playful wonder and personal growth.



Jacks & Slides

The timeless game of jacks, with its small metal pieces and bouncing rubber ball, challenges players' dexterity and quick reflexes. This beloved classic encourages focus, concentration, and a sense of friendly rivalry among playground visitors. Generations have grown up mastering the art of tossing the ball, scooping up the jacks, and catching the ball before it bounces twice.

Jacks may seem simple on the surface, but this time-honored game requires a keen eye, nimble fingers, and a competitive spirit. As players progress through the levels of difficulty, they'll find themselves immersed in the thrill of the challenge, each successful round a testament to their growing skills. The shared experience of jacks brings people together, fostering camaraderie and a sense of community on the playground.

Whether you're a seasoned jacks veteran or discovering the game for the first time, the timeless allure of this classic playground pastime is undeniable. So gather your friends, find a smooth surface, and let the game of jacks transport you back to the carefree days of childhood, where the only goal is to have fun and test your reflexes against the clock.

Just Keep Moving & Just Keep Playing...



Learn About Booking A Keynote Speaker for Your Organization's Event

- ▼ Learn more about Stephen Jepson. Our company and services, speaking events schedules are available

Our website provides comprehensive information about our history, team, products, and solutions. You can also request a consultation, read our blog, and explore our portfolio of client work.

Learn More About Stephen's Unique Keynote Presentation on Health and Wellness

Health and Well-Being through Play and Movement

- ▼ Life Long Play & A Better Life

Stephen Jepson is recognized for his innovative approach to promoting health and well-being through his philosophy of lifelong play and movement. Here are some key aspects of what the world knows about him:

- ▼ A Holistic Health Approach & A Community Builder



1. **Never Leave the Playground Program:** Jepson is best known for his "Never Leave the Playground" initiative, a program that emphasizes the importance of play for physical, mental, and emotional health. He encourages individuals of all ages to maintain a playful and active lifestyle.
2. **Advocate for Play:** He believes that play is not only vital for children but also essential for adults and seniors. His work challenges conventional notions of exercise by integrating fun, balance, and creativity into physical activities.
3. **Focus on Balance and Coordination:** Jepson promotes exercises that enhance balance, coordination, and functional fitness. His methods are especially beneficial for older adults looking to prevent falls and maintain independence.
4. **Inventor and Innovator:** An inventor at heart, Jepson has developed various playful exercise tools and techniques aimed at making movement both enjoyable and effective for improving health.
5. **Holistic Health Approach:** His teachings incorporate a holistic view of health, emphasizing the interconnectedness of physical activity, mental well-being, and social engagement.
6. **Community Builder:** Jepson creates community through his workshops, events, and educational programs, fostering environments where people can connect, share, and grow together.
7. **Public Speaker and Educator:** He is an engaging speaker who shares his insights on the benefits of play and movement at conferences and educational institutions worldwide.
8. **Artistic Background:** In addition to his health and wellness endeavors, Jepson is known for his work in art, particularly in pottery, where his creativity and attention to detail are evident.
9. **Lifelong Learner:** Jepson exemplifies the spirit of lifelong learning and curiosity, constantly exploring new activities, such as when he began learning foil boarding at the age of 83.
10. **Inspiration for All Generations:** His approach inspires people of all ages to lead more active, joyful, and fulfilling lives by embracing the power of play.

- ▼ A Healthier More Connected World

Through his unique contributions, Stephen Jepson continues to impact the lives of many, advocating for a healthier, more connected world through the simple yet profound act of play. If you want to know more about his specific projects or philosophies, [feel free to ask!](#)



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