

FITNESS MADE EASIER

TIPS FROM THE EXPERTS

Finding The Ideal Virtual Workout Partner

(NAPSA)—According to Russell Athletic's 2001 For The Long Run survey, 60 percent of respondents said their ideal fitness partner would be just as fit as they are.

With an equally fit partner, men and women focus more on encouraging each other and less on competing against them. Two of the biggest challenges are finding that perfect partner and coordinating times to meet at the gym.

To help you, Russell Athletic has launched a free online fitness community called <http://www.forthelongrun.com>. The site's biggest feature is the Virtual Workout Partner (VWP) program, which pairs people with similar fitness goals, abilities and interests.

Registered members can connect with workout partners to motivate each other and stay on track to achieve their fitness goals—whether it's toning thighs or improving a 5K-racetime.

The VWP program also eliminates time constraints that sometimes occur when coordinating a workout with a partner.

Partners can workout at a gym on their own time but then use the site to communicate and share fitness tips online. Using the site's e-mail system, partners can exchange messages as often as they like.

Registered members gain access to the site's other great features including a gym locator, health and fitness discussion forums, articles written by healthy living experts and a chance to build a personalized workout routine. Details of each section include:

GYM LOCATOR

- Search for the nearest gym by city/state/zip code or workout activity
- Find contact information for over 1,000 gyms in the United States and Canada
- Get point-to-point driving directions to each gym

WARM UP

- Create a personal workout routine
- Get workout tips and animated demos on your favorite exercises



Finding the right exercise partner can help you get fit and stay motivated. A new online fitness community can help.

- Send your workout routine to friends

BUILD ENDURANCE

- Create your profile and become a partner
- Find your ideal Virtual Workout Partner(s)
- Share workout tips, give encouragement and communicate with your partner(s) at the Message Center

STAY MOTIVATED

- Post thoughts and ideas on the discussion board
- Chat with other members on specific topics including workout routines, walking, healthy diet and more
- Create your own discussion board topic

NEW STYLES

- Search for your favorite Russell Athletic apparel or team uniform
- Check out the latest styles and find an online retailer
- Learn more about Russell Athletic's rich athletic heritage at www.russellathletic.com

Forthelongrun.com makes staying motivated easier and works within anyone's busy schedule. To become a member, visit forthelongrun.com today.

The For The Long Run survey is sponsored by Russell Athletic, a division of Russell Corporation, an international consumer products company specializing in activewear, casual wear and team uniforms. To learn more about the company, visit www.russellathletic.com.