

# FITNESS FACTS

## Working Out Ways To Stay Fit At Home

(NAPSA)—Call it The Ripple Effect. You join a new gym, get discouraged by seeing way too many muscle-rippling men or skinny girls in spandex, and never return.

In fact, according to a recent survey by The International Health, Racquet and Sportsclub Association, the three biggest causes of gym anxiety are body image issues, lack of knowledge about machines and classes, and concerns about fitting into the gym culture.

That may be why over 57 percent of American women don't belong to a gym and instead work out right at home—and why, according to Prevention magazine's fitness director Michele Stanten, these women may have the right idea. "You don't have to go to a gym to stay fit," she says. "It's not important *where* you exercise. What matters is that you *do* exercise and that you do it safely and effectively."

So what at-home exercises should you do? According to Stanten, there are three components to fitness that must be addressed. "Cardio activity, whether it's running, walking, jumping rope, or whatever you enjoy, is the only way to burn fat. Strength training using weights, bands or your own body weight for resistance will tone muscles and prevent bone loss. Incorporating core training will not only give you great-looking abs but may prevent back pain and improve balance. Finally, stretching is imperative for keeping the body limber," she says.

To help people work out at home, Prevention magazine has created the Prevention Fitness



**Fitness Director Michele Stanten of Prevention magazine.**

System line of DVDs and VHSs. They feature Stanten and fitness expert Chris Freytag. One program, called "Prevention Fitness Systems 3, 2, 1 Workout," is designed to provide a total body workout, regardless of a person's fitness level.

A second program, called "Prevention Fitness Systems Express Workout: Belly, Butt, and Thighs," delivers three quick and effective 10-minute toning workouts to hit the most common trouble spots. The videos help people get good workouts without hitting the gym, while exposing them to two of the top fitness authorities in the country.

The workout programs are available wherever fitness videos are sold or at [www.preventionvideos.com](http://www.preventionvideos.com). You can also order them by calling 800 287-5149.