



Fitness Facts

Rowing Clubs Invite Public To Get Involved

(NAPSA)—A growing number of people looking for an exercise program with lifetime benefits are discovering rowing.

To promote the benefits and pleasure of starting a rowing program, the United States Rowing Association (USRowing) and equipment manufacturer Concept2 have announced their 3rd Annual National Learn To Row Day, which will take place Saturday, May 31st, in rowing clubs and health clubs nationwide.

Over 125 clubs and 6,000 people participated in last year's program, and an even larger turnout is anticipated this May 31st as all rowing and health clubs are invited to open their doors and give people a taste of rowing firsthand.

In addition to strengthening both the upper and lower body, rowing promotes flexibility in muscles and joints.

Plus, the variable resistance offered by some indoor rowing machines, such as the equipment produced by Concept2, allows people to row as easily or as hard as they wish.

According to Margot Zalkind, Director of Member Services for USRowing, "Once you try rowing, you realize that it provides an amazing low-impact, total workout."

The Association is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States.

Said Zalkind, "Best of all, you are never too old to learn to row.

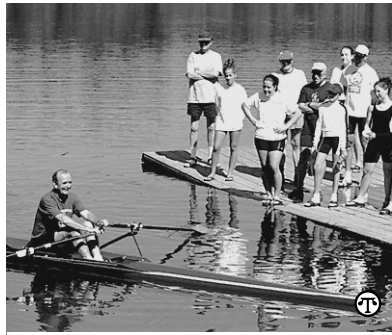


Photo: Craftsbury Sculling Center of Craftsbury, Vermont

Third Annual National Learn To Row Day gives a chance for everyone to get out to exercise in a way that can be as easy or as hard as they wish.

And, with athletes competing into their nineties, rowing is clearly a sport you can stay with. Rowing offers camaraderie, intense workouts, coached sessions or solitude, and a wonderful chance to be outdoors."

The range of activities available on National Learn To Row Day includes ergometer demonstrations—that's another name for a rowing machine—as well as hands-on lessons in tanks or on dock-boxes, on-the-water instruction with experienced rowers and a club open house.

"We've been really pleased with the response from rowing clubs. If you never had the opportunity to try rowing at school or college—here's your chance to try rowing now," states Judy Geer from Concept2's marketing team.

To learn more, visit the Web site at www.usrowing.org or go to www.concept2.com/row.