

# FITNESS FACTS

## A Way To Work Off A Few Pounds

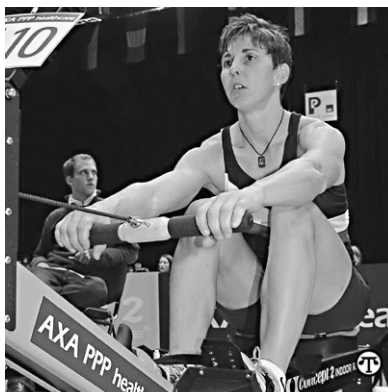
(NAPSA)—For many who fear they have a slim chance of staying thin, the key to successful weight control is a combination of sensible diet and regular aerobic exercise.

That can be hard to stick with, however, unless it's also fun. It could be a good idea to join a group of fellow exercisers.

Concept2's online rowing programs provide the perfect solution, enabling you to create an Online Personal Logbook at [www.concept2.com](http://www.concept2.com). Once you do, you'll get announcements about online rowing events and challenges designed to keep you motivated. There are pins and certificates to be earned and prizes to be won. The Web site also has workout suggestions and you can ask questions and get moral support from the Training Forum. You can store all your rowing workout information in your Online Logbook.

Indoor rowing's unique combination of strength and cardiovascular conditioning makes it a great stand-alone fitness program. Rowing also offers excellent cross-training for a wide variety of sports, because it exercises so many different muscle groups. What's more, since rowing takes place in a sitting position, there's less impact on the leg joints, reducing risk of injury.

The rowing stroke has both acceleration and deceleration phases, so it requires more energy to perform than many other activities. This means you get a greater calorie burn in a given amount of time than with other activities



**Row, row, row your way to better health and fitness. It can be fun and easier than you may realize.**

such as cycling.

"Many participants tell us how much they appreciate our online programming," explains Judy Geer, a former Olympic rower who helps create these challenges at Concept2. "They find that it really makes a difference to have a goal and some incentive, and to know that they are part of a virtual community of rowers around the world."

If you row on a Concept2 Indoor Rower, you can accurately monitor your level of conditioning, and you get constant feedback during your rowing workouts.

Set up your Personal Logbook at [www.concept2.com](http://www.concept2.com) and log the meters you row. If you've never rowed before, the company will send you a free rowing technique video and training guide. Contact Concept2 at 800-245-5676 or [rowing@concept2.com](mailto:rowing@concept2.com) or visit [www.concept2.com](http://www.concept2.com).