

Ingenious Ideas

Indoor/Outdoor Elliptical Bike Makes Fitness Fun

(NAPSA)—Considering that the best exercise machine is one that you'll actually use, you may be glad to hear about a new way to make fitness more fun, easier to achieve and even good for the environment.

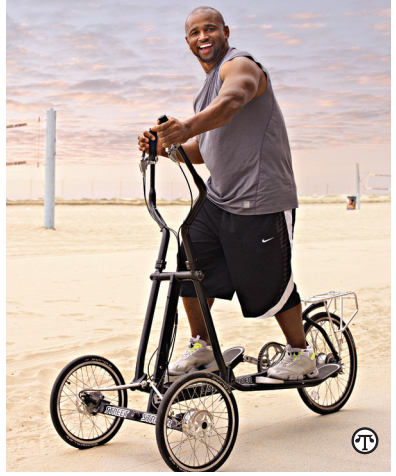
Step Up To Fun

The StreetStrider is the first indoor/outdoor elliptical machine that combines the motions of jogging, cycling and skiing into a low-impact, enjoyable workout that tones, shapes and sculpts your entire body while burning up to 1,000 calories an hour.

You can use it outdoors for fun "green" transportation—some models go 25 miles an hour. The three-wheel platform makes it easy to balance and the lean-to-steer system engages your core. When the weather is bad, simply use the trainer stand to transform it into an indoor stationary elliptical machine.

New Elliptical Excels

The fitness industry has long recognized that the elliptical cross-trainer is the most effective cardiovascular workout machine.



Stay healthy and have fun with the first elliptical exercise machine that you can use indoors and outdoors.

It simultaneously exercises both your upper and lower body and provides a smooth, natural and low-impact workout.

A recent study by the American Council on Exercise (ACE) compared the StreetStrider to a high-end stationary elliptical. "Overall, we found that the StreetStrider provides a tremendous workout and is a legitimate alternative to indoor cardio machines," reported ACE's Chief Science Officer Dr. Cedric Bryant.

Scientific experiments conducted at the Rose Center for Health and Sports Science in Denver found that people burn at least 50 percent more calories on a StreetStrider than on a bicycle. The machines come in three adult models: the 8-speed Summit, the 3-speed Sprinter and the chainless Eclipse. The JET, designed specifically for kids ages 5–12, is safe and fun and helps children develop coordination.

Learn More

You can find out more at www.StreetStrider.com, (800) 348-0998 and [facebook.com/StreetStrider](https://www.facebook.com/StreetStrider).

