

FITNESS FACTS

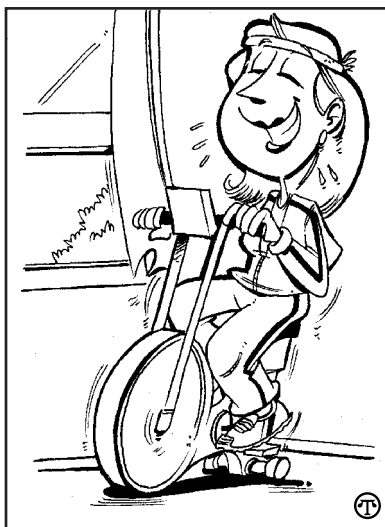
Making Workplace Workouts Work Out

(NAPSA)—Legend has it that Thomas Edison had two desks in his office, one to sit at and one to stand at. That way, he was able to exercise his body—and sharpen his mind—without having to interrupt his busy day.

More and more Americans nowadays are finding the light bulb is coming on for them, too, about the value of integrating exercise into their often hectic work schedules. If people don't get more exercise, predictions for the public's general health over the next decade run from the gloomy to the disastrous: obesity, diabetes and chronic illness are increasing at unprecedented rates, due in large part to sedentary living, unhealthy diets and the stresses and strains of daily life.

Although more exercise is the answer, it's not always a perfect solution. One problem with many exercise programs is that they take a long time, sometimes more than a year, to deliver results. During that time they may require you to put in sustained effort for protracted periods.

Fortunately, there's now an exercise regimen that can make you fit and improve your health in less than eight weeks. Often the secret is in making sure you get the right kind of exercise. More isn't always better. What's important, experts say, is a technique that involves cyclical exertion. Recent studies have shown that with short bursts of exercise—under a minute—followed by com-



A program of brief, concentrated periods of exercise can have surprising health benefits.

plete recovery, you can begin to take control of your overall health, even with less than 60 minutes of exertion per month.

One such technique, the Cycles program from LifeWaves, has achieved remarkable results, and has been recognized by the Aerobic Fitness Association of America. One 70-year-old client, after four months, actually had the health profile of a much younger man.

"I look forward to exercise for the first time in my life," a 54 year old woman says of the program. "My life and health completely turned around as a result of it."

To learn more, go to www.lifewaves.com or call (908) 439-9500.