

# FITNESS MADE EASIER

## Filling Your “Exercise Prescription”

(NAPSA)—Most Americans realize they should exercise more—what they don’t know is what kind of exercise and how much they need.

### The Doctor’s Discovery

It so happens a young Air Force physician, Dr. Kenneth Cooper, was asking the same questions in the early 1960’s while developing fitness training for pilots and astronauts. He came up with the idea of “Aerobic Points” as a way to measure the effectiveness of an exercise regimen. It specifically prescribes the number of points needed per week to achieve a target level of cardiovascular fitness.

### Intelligent Treadmills

Fortunately for today’s exercise enthusiast, new technologies in exercise equipment can advance the science of exercise efficiency and the resulting benefits.

Whether you are a beginner or a well-conditioned athlete, it’s important to personalize your workouts by pinpointing the right exercise and measuring exact results. To help, there’s a line of treadmills specifically designed to assess your current level of fitness, set goals, monitor and motivate and give performance feedback—it’s almost like having your own personal trainer.

The treadmills fully integrate Aerobic Points research and let users preview (prior to starting a workout) how many points they will earn. They can then adjust elevation, speed or time and—before starting—see the effect on Aerobic Points to be earned.



**Make the most of your miles: Personal training features can be found on some treadmills.**

These PaceMaster treadmills use extensive additional fitness research and measurements to prescribe intelligent, efficient workouts. They make it easier to maximize an activity because they help plan and track results. The machines combine state-of-the-art workout technology with superior components and construction to provide what many consider the safest, most durable treadmill available. Through commitment and action, exercisers can not only see results, they can also master their fitness goals and say goodbye to wasted miles.

### Learn More

You can learn more about fitness research at [www.cooperaerobics.com](http://www.cooperaerobics.com) and more about intelligent treadmills at [www.pacemaster.com](http://www.pacemaster.com).