



HEALTH AWARENESS

Total Wellness—It's Not Just Diet That Counts

(NAPSA)—Fitness is more than just diet alone. While a healthy diet can help you stay fit, total well-being relies on much more than carbs or calories. To build a healthier lifestyle people need to count on both strength training and cardio-exercise.

By adding strength training to a fitness program, you will do more than simply build muscles. Strength training, for example, helps you burn more calories and strengthen bones, ligaments, tendons and muscles. In fact, just two weight-lifting sessions a week can also help improve your balance and reduce your risk of injury.

Cardio exercise—or fitness training designed to strengthen the endurance and efficiency of your heart and lungs—is a critical way to help maintain and improve your health. As a matter of fact, this type of exercise is also the most effective way to reduce stress and dramatically reduce the risk of heart disease. But how often should you exercise? Experts say it's important to train your body to improve over time by exercising regularly—optimally, at least three sessions per week.

The next question then is how much exercise offers the best results? Fortunately, it is now easier to make sure you're getting the right amount of cardio training. In fact, you can accurately measure your cardio fitness more easily than you can count calories—there are machines that will do it for you. For example,



Counting your way to cardio fitness can be easier than counting calories.

the American-made PaceMaster treadmills are programmed with the NASA-inspired cardiovascular training research of Dr. Kenneth Cooper.

Dr. Cooper is the developer of an Aerobic Point system that quantifies levels of fitness for you. Based on years of research, this system can provide you with a guide for getting the most out of your cardio exercise routine. This means PaceMaster treadmills let you precisely preview and measure the cardio benefit of your workout and count your way to total fitness.

To learn more, visit www.pacemaster.com.