



Fitness Facts

Which Workout Is Best For You?

(NAPSA)—You may be a step closer to deciding which workout works best for you if you learn more about treadmills, elliptical trainers and stationary bikes.

- Treadmills offer an unsurpassed cardiovascular and fat-burning workout, helping you burn 50 to 250 more calories per hour than a stationary bike or elliptical. This weight-bearing exercise works best to build bone density in the legs and improve overall muscle tone.

Many of today's high-end treadmills are constructed with surfaces that help absorb impact and electronic features that allow you to customize your workouts. Speed and incline settings can be programmed for individual calorie-burning, speed and mileage goals.

- Elliptical trainers are like a combination treadmill and stair climber that mimics the pedal movement of an exercise bike. They offer weight-bearing exercise, allowing you to burn calories more efficiently while building bone density, all without the impact on the knees, back, hips or joints.

Moving arm handles combine with leg motion to provide a total body workout. There are even "hybrid" models such as the TRUE TSXa, which has side steps that allow the user to step off the foot pedals and work out the upper body only.

- Exercise bikes have regained popularity, due in large part to technological advances, improved design and Spinning group cycling classes.

Stationary cycling increases the heart rate without substantial stress on the knees, ankles, feet or hips. Built-in resistance features and electronic programming allow



Hybrid elliptical trainers like the TRUE TSXa have side steps that allow the user to step off the foot pedals and only work the upper body.

you to customize your workout by simulating hills, flat ground and rolling terrain.

Regardless of which option you choose, invest in good quality.

As the popularity of home fitness equipment has grown, so has the quality spectrum. There are inferior products on the market that, over time, will not hold up to regular usage. This is particularly true if the user is heavy (more than 250 pounds), if multiple people are using the machine daily or if the user is putting stress on the machine with regular, rigorous workouts. Ask a dedicated fitness equipment dealer about what quality characteristics to look for.

TRUE Fitness is a leading manufacturer of treadmills, elliptical trainers and stationary bikes.

For more information, visit www.truetreadmills.com or call (800) 426-6570.