

A gift of fitness

During the holiday season, hectic schedules, little or no time for exercise, and an abundance of rich food and drink can undermine the resolve of even the most determined fitness enthusiast.

Fortunately, the excesses that are part of the seasons' festivities don't have to become habitual. And it's also true that the gifts you give your loved ones this Christmas can help ensure that they'll start the new year with an eye toward beginning — or re-establishing — an ongoing fitness program.

If you're looking for a way to get the entire family excited about exercise, consider SLM's StairClimber Plus Total Workout System™. It provides a workout that combines the fat-burning potential of stairclimbing with upper body training — and it is equally suitable for beginners and advanced exercisers.

Like many of the more expensive electric-driven stairclimbers found in health clubs, the StairClimber Plus features easily-adjustable pedal pressure and step height. However, because it uses an innovative air transfer system rather than hydraulic oil pistons, the StairClimber Plus is even cleaner, faster, and it provides a smooth motion, no matter what the resistance setting.

To round out a full-body workout, the BodyCord™, a flexible rubber cable, fits securely under the StairClimber. By grasping the rotating handles, users can add a variety of highly-effective upper-body exercise moves to the lower-body stair climbing. A 50 minute video giving a complete upper-body and cardiovascular workout is included — especially helpful for beginners.

The BodyCord is also featured with SLM's StepTrainer Plus™, which provides beginners and advanced exercisers with excellent overall cardiovascular training, along with targeted toning of the buttocks, hips and thighs. The four-inch platform can be adjusted to six- and eight-inch heights, and the BodyCord turns the lower-body and cardiovascular exercise into a total body workout.

"We know that people want affordable, well made home exercise equipment that is simple to use and easy to store, yet delivers the same high-quality workouts that they demand from expensive health club equipment," says William Cameron of SLM. "That's why we created the StairClimber Plus Total Workout System and the Step Trainer Plus with BodyCord."

The StepTrainer also comes with an exercise video that explains the use of the equipment and demonstrates an effective workout, as well as warm-up and cool-down exercises.

Heavyhands® hand weights also can be used as part of a StepTrainer Plus workout or as a part of a total fitness system of exercise walking. Since Leonard Schwartz, M.D., developed the Heavyhands Fitness Strategy ten years ago, the system has been adopted by millions of people who want to develop whole body strength and enhance motor skills.

The Heavyhands handles and weights allow users to customize their workouts.

For more information on SLM home exercise equipment, contact 800-442-7440. It may be just what you need to help your loved ones start the new year on the right foot.

Do You Hear What I Hear?

Holidays were a frustrating time for me. When everyone was enjoying the family visit, I missed hearing what was being said. I thought everyone was mumbling. Then I had my hearing tested and found I had a hearing loss. Now with a tiny hearing aid I am hearing and enjoy family get togethers again. If you suspect you have a hearing problem have your hearing professionally tested. Perhaps amplification can do for you what it did for me.



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