

FITNESS

Daily physical activity is synonymous with being in good shape.

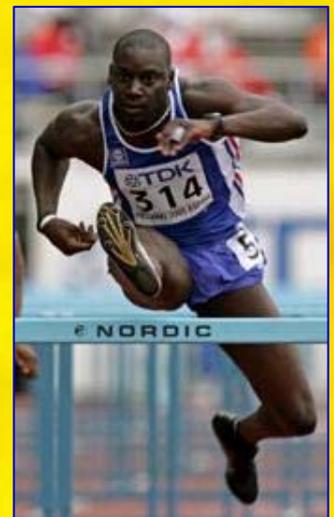


The energy of the body must circulate.

The Problem

- **Obesity, heart attack, cardiovascular disease, diabetes and other problems related to being overweight are the most serious health issues today.**
- **According to research, regular physical activity can reduce the risk of heart disease, and prevent weight gain.**

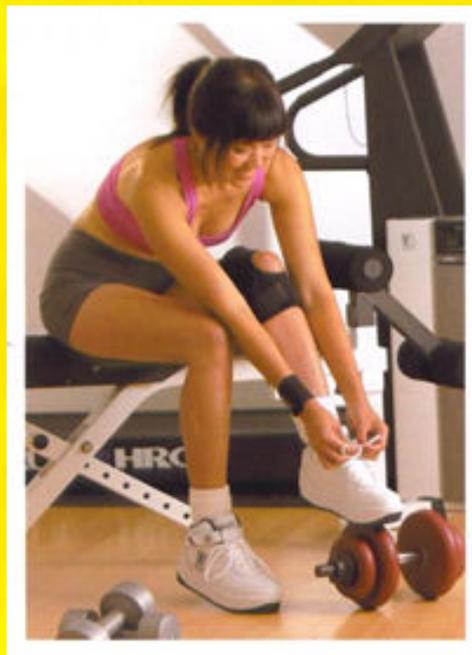
Long live fitness



The Solution

- **Create an active lifestyle with a regular exercise regime**
- **Eliminate toxins from your environment**
- **Get good quality rest**
- **Increase your circulation**
- **Decrease stress and build a strong immune system**

**Practise
daily
prevention**



The Fitness Solution

Experts agree: the most effective form of prevention is exercise. But most people simply do not have time (or take the time) to include exercise as a regular activity.

CardioStrides solve that problem by adding exercise to many of the things you already do every day. Walking or performing household tasks while wearing CardioStrides can provide significant health benefits.



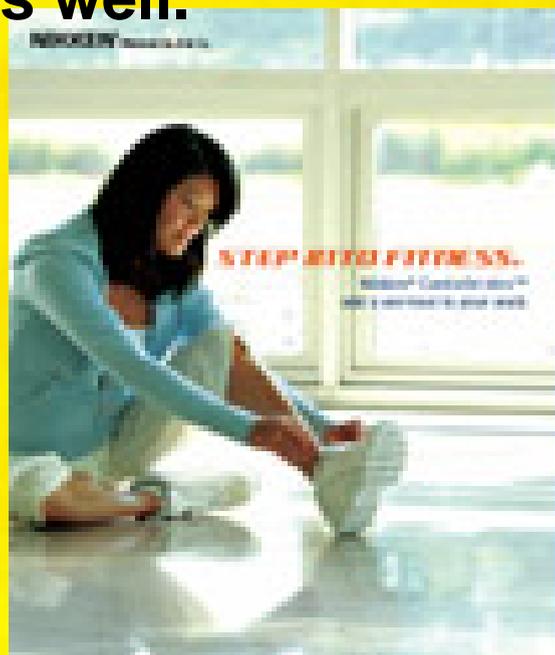
A fitness program must fit your way of life.

CardioStrides

The CardioStrides, are the best way to step into fitness. They are more than just simple shoes. Weighted, they help to tone and firm up muscles.

They also increase heart rate, thus transporting more oxygen to the cells and raising the metabolism in order to burn more calories.

By putting weights at the base of the foot, rather than on the ankles, the spinal column is kept in better alignment. This promotes better general circulation as well.

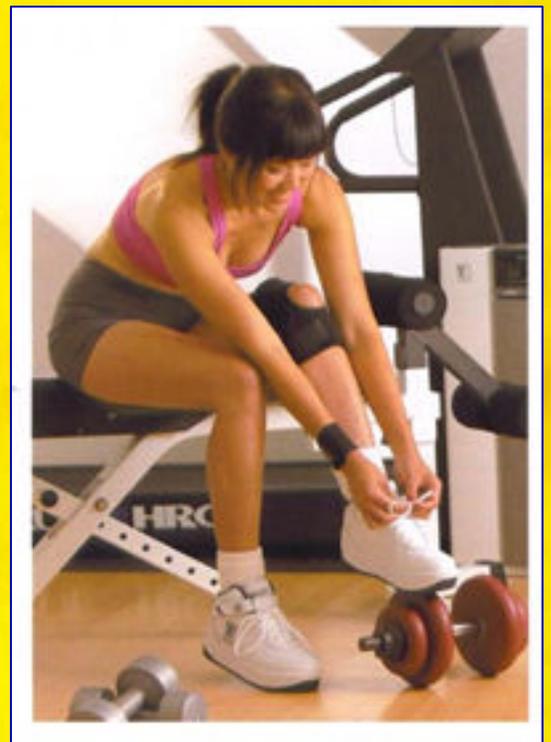


CardioStrides

Nikken Cardiostrides offer an integrated muscular resistance which allows you to exercise by merely doing your normal daily activities.

The secret of the Cardiostrides resides in the ergonomic design of the shoe combined with the weighted inserts.

3 types of weights are available : heavy (2.2 lbs), medium (1.3 lbs), and unweighted (4.6 oz.). You choose the weight, depending on the activity.



CardioStrides Benefits

**A 30 MINUTE BRISK WALK IN
CARDIOSTRIDES EQUALS:**

- 2 hours of cycling
- 100 minutes of golf
- 85 minutes of aerobics
- 51 minutes of tennis
- 38 minutes of swimming
- 66 minutes of stair climbing
- more than 3 hours of shopping (at a leisurely pace)

Like a portable gym — that goes everywhere with you

