



Participants used Concept2 indoor rowers in a recent study

Concept2 participates in research study

Indoor rowing is a promising way for older adults to improve their overall health, suggests a research study at the Chatham Health and Swim Club in Chatham, Massachusetts. The six-week study included the use of Concept2 Model E indoor rowers, combined with general strength and flexibility exercises. Participants over age 60 were tested on six training standards before, during and after the study. The outcome was “great,” according to program director Carol Penfield MS, NP. “Two additional studies are planned and a rowing class has been added to the schedule.” To learn more about Concept2 rowers, see www.concept2cts.com.

Life Fitness names new vice president

Life Fitness has promoted Tim McCarthy to vice president of its international business unit. In this role, McCarthy will be responsible for the success and continued growth of the company’s business outside the United States. McCarthy joined Life Fitness in 1991 as a military sales representative. Since then, he has held sales and management positions of increasing responsibility in various segments of the business, including commercial dealer and hospitality. McCarthy replaces Raj Rao, who is relocating to Asia. For Life Fitness product information, call toll-free 800-527-6062 or go to www.lifefitness.com.

CogniFit debuts Personal Coach for brain fitness

CogniFit released an online brain fitness product in March that uses new algo-

rithms to personalize brain training for cognitive functions that are important to everyday living. After the user undergoes a baseline assessment to identify the functions most in need of improvement, CogniFit Personal Coach adjusts exercises in “real time” to keep them engaging and challenging. The company’s research shows that this approach yields “measurable improvements” for most users, said CEO Amichai Bar-Nir, allowing them to “improve their abilities and quality of life as they mature.” Details about CogniFit programs are available at www.cognifit.com.



Nautilus ONE Triceps Press

Nautilus expands ONE

The Triceps Press is the latest addition to the Nautilus ONE exercise equipment line for older adults. This new unit helps users develop stronger arms through a movement that simulates getting out of a chair. The equipment’s age-friendly features include easy front entry/exit; articulating handles to reduce wrist strain/increase comfort; biomechanics that place triceps in full muscular contraction; gas-assisted seat adjustments; and one-pound increment weight adjustments with accessible dial. Range-of-motion control devices are also available. To learn more about the Nautilus ONE Medical line, contact Laurie Stamas at lstamas@nautilus.com or visit www.nautilus.com/one.

PowerLung product trains breathing muscles

PowerLung offers a handheld, drug-free product to improve breathing and the ability to exercise. Recent research in the *Journal of Aging and Physical Activity*

demonstrated the benefits of training the respiratory muscles to maximize breathing and lessen age-related decline in lung capacity and activity. The eight-week study examined the effects of respiratory-muscle (RM) training on RM function and exercise performance in women ages 60–69 years. Findings show that RM [PowerLung] training improved RM function and reduced heart rate. These improvements appear to be related to improved exercise performance. For PowerLung information, call toll-free 800-903-3087 or visit www.powerlung.com/activeaging/.

Arthritis Foundation commends NuStep cross-trainers

Two new recumbent cross-trainers from NuStep—models T5 and T5^{XR}—recently earned the Arthritis Foundation Ease-of-Use commendation for their ergonomic, user-friendly features. These models join the T4 recumbent cross-trainer, which earned the commendation in 2005. The Arthritis Foundation created the Ease-of-Use program to help people with arthritis find “arthritis-friendly” products. To earn the commendation, the new cross-trainers were tested by ergonomic specialists and individuals with arthritis, who concluded that “most users in the targeted demographic with arthritis will be able to use” them. Find NuStep product information at www.nustep.com or call toll-free 800-322-2209.



OPTP’s stretching aid

OPTP introduces Stretch EZ

Now available from Orthopedic Physical Therapy Products (OPTP), the Stretch EZ is a stretching aid with a cradle design that encompasses the foot, allowing stretching of the foot, heel, Achilles

Preferred Vendors

tendon, hamstring, quadriceps, inner/outer thigh, and calf. Strap loops enable the user to control each stretch. Made of poly laminate and webbing, the device can help with mobility and flexibility, and assist in the management of plantar fasciitis, heel spurs, and various strains and injuries. For details about OPTP products, or to request a free catalog, visit www.optp.com or call toll-free 800-367-7393.

NIMS receives FDA approval for Exer-Rest device

The US Food and Drug Administration recently approved the Exer-Rest, from Non-Invasive Monitoring Systems (NIMS), as a Class I (exempt) therapeutic vibrator with the following intended uses: “aid to temporarily increase local circulation, to provide temporary relief of minor aches and pains, and local muscle relaxation.” The device underwent 23 investigational and clinical studies, including a controlled, four-week clinical trial at the University of Pennsylvania Medical School. A new NIMS website will be unveiled soon at www.nims-inc.com. In the meantime, email info@nims-inc.com or call 305-861-0075 (US)/905-903-6467 (Canada) for information.

Technogym's Kinesis One revealed at IHRSA 2009

Technogym introduced the Kinesis One exercise system in a seminar featuring trainer Juan Carlos Santana, MEd, CSCS, during the International Health, Racquet and Sportsclub Association (IHRSA) convention and trade show in March. Kinesis One and another new product, Kinesis Class, join Kinesis Circuit to create a “family” of new equipment configurations and training programs from Technogym. Aimed at owners, operators and personal trainers, the company's seminar focused on how to grow revenues by providing innovative and affordable services to more people. See www.technogymusa.com or call toll-

free 800-804-0952 to learn more about Technogym's products.

NSPF releases results of swimming study

Recent research, funded in part by the National Swimming Pool Foundation (NSPF), shows that swimming cuts men's risk of dying by about 50% compared to runners, walkers and sedentary peers. ICAA Advisory Board Member Steven Blair, PED, a professor at the University of South Carolina, led the study. The results were presented at NSPF's 2008 World Aquatic Health Conference in October, and have been published in the *International Journal of Aquatic Education and Research* (see “Research in the news” on page 20 to learn more about this study). For information on NSPF initiatives, go to www.nspf.org.



The bioDensity system is available in StandStrong Clinics

SCIFIT system featured in new clinic

StandStrong Clinics is a new 600-sq.-ft. stand-alone clinic concept for adults 55 and older, and the first of these clinics is located in Delaware's Hockessin Athletic Club. The clinic features Performance Health Systems' bioDensity Isometric Strength Technology, manufactured and distributed by SCIFIT Systems. “Our mission is to get older Americans off the couch, and past their doctor's office, doing something to keep them healthier and stronger,” comments StandStrong President Greg Maurer. “StandStrong and bioDensity systems combine to offer a pragmatic, results-oriented and scaleable solution to this need.” Discover details about bioDensity online at

www.biodensity.com or call SCIFIT toll-free at 800-278-3933.

Moor Spa presents product

Moor Spa, which offers spa products for skin care, body care and wellness, introduces its signature bath product, Moor, to *Journal on Active Aging*® readers. Moor is a mixture of herbs, plants and flowers, with organic substances, minerals and phytonutrients; it contains no artificial colors, fragrances or preservatives, or petroleum-derived ingredients. This product is available in a six-ounce package for retail distribution and one- and five-gallon containers for professional use. The mixture is safe for hydrotherapy tubs and Jacuzzis. For information about Moor Spa products, see www.moorspa.com or call toll-free 800-666-7987.



WAVE Contour Plus

WAVE launches unit for consumer market

WAVE Whole-Body Advanced Vibration Exercise has announced the launch of its first consumer model, WAVE Contour Plus. Designed by a team of health and fitness professionals, WAVE uses patented technology—gentle high-frequency vibrations—that makes muscles contract 20–50 times per second. In one minute, users can experience up to 3,000 contractions, targeting most muscles. “Its low-impact nature makes vibration the exercise of choice for those who can't handle the stresses of conventional training,” says Jasper Sidhu, DC, WAVE's vice president of clinical services. Go to www.wavexercise.com or call WAVE toll-free at 866-420-7546 for details. ☞