



*Dashaway coinventors Charles Blount and Stanley Dashew, (l to r in foreground), take part in the American Parkinson Disease Association Walk-A-Thon.*

## **Dashaway's mobility device unveiled at event**

The Dashaway Company showcased the first production models of its medically beneficial personal mobility system at the recent American Parkinson Disease Association Walk-A-Thon in Santa Monica, California. "Traditional mobility devices such as walkers, canes and crutches encourage bad posture and are painful to use, therefore contributing to decline and lack of physical activity," explains exercise physiologist/coinventor Charles Blount. Dashaway combines lightweight, compact and intuitive mobility technology with a state-of-the-art rehabilitation device to create a product that's ideal for anyone who needs help getting around. Refer to [www.dashaway.net](http://www.dashaway.net) or call 866-YOU-DASH for details.



*The BigBand Package*

## **Expand fitness offerings with BigBand**

BigBand Fitness, a new ICAA Preferred Vendor, offers trainers an all-in-one tool for bringing fitness to older adults who

are uncomfortable using traditional exercise equipment or working out at a fitness facility. The BigBand Fitness System includes the BigBand, a hand-held, low-tech exercise device; a large-print exercise chart; and a 30-minute DVD showing "real" older adults exercising to big band music. BigBands come in two resistance levels and several fabrics to match individual ability and style. Quantity discounts are available to ICAA members. Contact Deborah Blank at [deborah.blank@bigbandfitness.com](mailto:deborah.blank@bigbandfitness.com) or call 240-483-5655 to discuss your needs.

## **Breast cancer walks sponsored by THOR•LO**

THOR•LO, Inc., is sponsoring the Breast Cancer 3-Day, a series of 60-mile walks that raise funds to benefit Susan G. Komen for the Cure and the National Philanthropic Breast Cancer Fund. THOR•LO has committed to a sponsorship fee of \$250,000 to help fund research, education and community outreach programs to aid in the fight against breast cancer. The company also has two new "pink" products: the Heroes Everyday Walker, available at retailers in event markets, and the Distance Walker, available to 3-Day participants only. Visit [www.thorlo.com](http://www.thorlo.com) and [www.the3day.org](http://www.the3day.org) for information.

## **Hydro-Fit Academy holds aquatic exercise training**

The Hydro-Fit Academy held its first instructor training weekend April 20–22 in Chattanooga, Tennessee, providing professional development and training for 35 aquatic health/fitness instructors. Through small-group structure and use of Hydro-Fit's aquatic exercise equipment, the Academy met its goal of taking participants to excellence through hands-on experience, teaching and mentoring. A special focus on mature adult programming makes the Academy an ideal training environment for aquatic health/fitness professionals. The next training takes place in Corvallis,

Oregon, from September 28 to 30, 2007. For details, call 800-346-7295 or go to [www.hydrofit.com](http://www.hydrofit.com).



*Age Dynamics President John Rude (third from left) participated in the ribbon-cutting ceremony at Willamette View.*

## **Age Dynamics designs wellness centers**

Age Dynamics, Inc., (ADI) participated in the ribbon-cutting ceremony for Willamette View's newly expanded 6,000 sq.-ft. wellness center in Portland, Oregon. After implementing a successful wellness program, ADI worked with community staff and architects to insure proper space allocation, equipment selection and other facility components. Current ADI projects include: Bishop Place Senior Living (Pullman, Washington), Capital Heights (Olympia, Washington), Cross Keys Village (New Oxford, Pennsylvania), Elim Park (Cheshire, Connecticut), Tudor Oaks (Muskego, Wisconsin), and Wesley Retirement Services (Des Moines, Iowa). For assistance with facility design or programming, call 800-929-2719, or visit [www.agedynamics.com](http://www.agedynamics.com).

## **Creating a new WAVE in vibration exercise**

Wave Manufacturing, Inc., has launched its newest model of whole-body vibration exercise machine, the WAVE. Features include solid-steel construction, large display screen, patent-pending calibration system, and the company's newest patent-pending curved vibration platform. The WAVE, which carries a maximum load of 1,500 lbs., provides

# preferred vendors

users with a large, 34" x 29" exercise surface and a frequency range from 25–50 Hz. Also, the new WAVE Learning System offers users a step-by-step guide on how to safely and effectively use the machine. To learn more, call 866-420-7546 or check out [wavexercise.com](http://wavexercise.com).



*OPTP's new book provides older-adult pilates programs.*

## **OPTP presents new resource**

OPTP's new book, *Age Perfected Pilates*, is designed especially for older adults. Using fitness tools such as the soft ball, Body Bolster and weighted balls, this pilates mat program provides extra support for the body. These tools allow clients to make a workout challenging and efficient. The result? Improved posture, strength and flexibility. The Invigorating Body Bolster Chair Workout gives individuals the freedom to work out anytime, anywhere, and helps them reduce muscle and joint pain, stress and mental tension. For details or a free OPTP catalog, log on to [www.optp.com](http://www.optp.com) or call 800-367-7393.

## **New Life Fitness treadmills engage body and mind**

Life Fitness recently introduced its 95 Series treadmills, with seamless iPod integration, a Virtual Trainer for workout motivation and education, USB connectivity, and workout landscapes displayed on a 15" LCD screen. These models incorporate the latest technology with customizable features, such as the ability to exchange personalized workout information using a USB connection or memory stick. The experience for older adults is enhanced through a larger running surface area, reduced-noise motor,

lower step-up heights and expert organized handrails and electronic control panels. Refer to [www.lifefitness.com](http://www.lifefitness.com) or call 800-634-8637 for information.

## **AAHF introduces advanced program**

The American Academy of Health and Fitness (AAHF) presents SrFit, an advanced training for fitness professionals. SrFit includes a 300-page manual with 60-page study guide; a DVD set featuring Wayne Westcott; and an audio CD featuring the author, Tammy Petersen, and husband Mark, a physician. Among others, the American Council on Exercise, Cooper Institute, and National Strength and Conditioning Association approve SrFit for up to 20 hours of continuing education credit. The program is available as a distance-learning program or as on-site workshops. To learn more, call 800-957-7348 or log on to [www.aahf.info](http://www.aahf.info).

## **Exerstrider announces telescoping fitness walking poles**

The Activator is Exerstrider Products' first adjustable length pole using the same kind of "snap button/hole length adjustment" mechanism commonly used on canes and walkers. The Activator model features the strapless/safety ergonomic grips of Exerstrider's other fitness walking poles, and comes with the company's boot-shaped Cushiongrip rubber tips. An optional bell-shaped balance tip is available. According to Exerstrider CEO Tom Rutlin, the adjustment mechanism was incorporated to provide greater safety and security to those with limited hand strength, and because it is familiar to healthcare professionals. Call 888-285-7392 or visit [www.exerstrider.com](http://www.exerstrider.com) to learn more.

## **SPRI provides online exercise instruction**

New ICAA Preferred Vendor SPRI Products, Inc., a leading distributor of rubber resistance products and accessories, offers a free online service of edu-

cational video downloads for personal computers and video enabled devices (such as iPods). Videos of a full array of exercises using SPRI's products are available by logging on to the company website, and clicking on "FREE Exercise Video Downloads" at the top of each page. The library offers more than 300 exercise videos. To learn more, visit [www.spriproducts.com](http://www.spriproducts.com) or call 800-222-7774. Exclusive 15% discount offered to ICAA members (refer to code ICAA070504).



*The Nautilus R916 recumbent bike*

## **Exercise bike adds to Nautilus product lineup**

The Nautilus R916 commercial recumbent exercise bike made its debut at the IHRSA fitness trade show in March. The R916 quickly adjusts to help a range of users keep their hips, knees and ankles in the proper position. This model also features a step-through design, easy seat adjustment, remote controls on the lower handles, and nearly silent V-Force power-free design. In other company news, the Nautilus TreadClimber received the Global Innovation Award at the recent FIBO international health and fitness trade show. Call 800-NAUTILUS for product information. Or visit [www.nautilus.com](http://www.nautilus.com). ☺