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## **The Nautilus Group Offers Holiday Gifts That are Easy On the Waistline and the Wallet**

### **Easily Monitor Cardiovascular and Strength Training to Reach Optimal Health Before, During and After the Holidays**

LOUISVILLE, Colo.--(BUSINESS WIRE)--Oct. 3, 2002-- The holiday season is fast approaching, and it's the time of year when our waistlines grow a little thicker while our wallets get a little thinner. The Nautilus® Group (NYSE: NLS - News), a leading marketer, developer, and manufacturer of branded health and fitness products, has holiday gift ideas to help you manage both.

Studies show that most people gain as little as a pound between October and March, the Halloween-to-Easter holiday food-a-thon. Some experts believe the gain to be as high as five pounds. Regardless, if you don't maintain an exercise program, you could be carrying an extra 5 to 25 pounds five years from now. Give the gift of health this year to help your family and friends keep slim and trim -- and give your wallet a break.

The Nautilus Group has all the bases covered. To boost cardiovascular fitness, Nautilus is offering its recumbent stationary bike for \$799. For strength and endurance training, check out the RiPP(TM) Pro machine for \$1,299, and to monitor progress, the Zone Trainer(TM), a revolutionary heart-rate monitor, is available for only \$99.99.

#### **Improve Cardiovascular Health with Recumbent Stationary Bike**

Experts agree that an exercise program that encompasses both cardiovascular and strength training is critical to losing and maintaining weight and to overall health. The Nautilus recumbent stationary bike is an ideal piece of equipment to help get your heart going and speed weight loss. The recumbent position is often more comfortable, the price is competitive, and it looks great in your home. This is a great gift for those just starting an exercise program.

#### **Get Fit with RiPP(TM) Pro**

Recent studies show that using strength-training equipment like the RiPP Pro can actually increase overall health and bone strength over time, in some cases preventing or slowing the onset of osteoporosis. The RiPP Pro is a unique machine that is the approximate size of a weight bench and is similarly portable. More than 100 exercises can be performed on the RiPP Pro. The machine's resistance system comes from a patented technology, SpiraFlex®, which was developed for NASA and is currently used on the space station. The benefit of the SpiraFlex system is that it provides resistance that matches the linear curve of free weights, simulating the feel and results of free weights. The RiPP Pro is an ideal gift for those who want to do strength training at home, but don't have room for a bulky weight system.

#### **The Zone Trainer(TM) Heart Monitor Keeps You in Check**

To make sure you're exercising at your optimal heart rate to speed weight loss, the Zone Trainer heart monitor makes it easier than ever. Conventional heart rate monitors display only beats per minute, but most heart rate training guidelines provide a range for percentages of maximum heart rate - called the "target zone" - within which you should exercise. Rather than doing the calculations in your head during your workout, the Zone Trainer automatically tracks and displays heart rate intensity as a percentage of maximum heart rate. You simply enter your age, weight and gender and the Zone Trainer does the rest. The Zone Trainer is the perfect gift for anyone who wants to monitor his or her progress while exercising.

The Nautilus recumbent bike, the RiPP Pro and the Zone Trainer are available at retail stores across the country. To find out more about each piece of equipment, to learn about other Nautilus Group products, and to find a dealer near you, visit [www.nautilusgroup.com](http://www.nautilusgroup.com).

#### **About The Nautilus Group**

The Nautilus Group, Inc. (formerly Direct Focus, Inc.) is a leading marketer, developer, and manufacturer of branded health and fitness products sold under such well-known names as Nautilus, Bowflex, Schwinn and StairMaster. The Company currently markets its Bowflex home fitness equipment and Nautilus Sleep Systems through its direct-marketing channel, using an effective combination of television commercials, infomercials, response mailings, the Internet, and inbound/outbound call centers. The Company sells Nautilus, Schwinn and StairMaster commercial fitness equipment through its sales force and selected dealers to health clubs, government agencies, hotels, corporate fitness centers, colleges, universities, and assisted living facilities. The Nautilus Group also markets and sells a complete line of consumer fitness equipment under its Nautilus,

Schwinn, and StairMaster brands through a network of specialty dealers, distributors, and retailers worldwide. The Company is headquartered in Vancouver, Washington. The Nautilus Group is located on the Web at [www.nautilusgroup.com](http://www.nautilusgroup.com).