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## **Nautilus Offers the Gift of Health for Mother's Day and Father's Day; Equipment to Improve Mom and Dad's Cardiovascular Health is a Gift of Life**

LOUISVILLE, Colo., Apr 23, 2003 (BUSINESS WIRE) --

Flowers and candy, neckties and golf equipment - each is a fine gift for your mom and dad this Mother's Day and Father's Day. But, the flowers will wilt, the candy will be eaten, the neckties will go out of style and the golf equipment will end up buried in the corner of the garage. Why not give your mom and dad the gift of health with a new piece of cardiovascular equipment from the Nautilus Group Inc. (NYSE: NLS), a leading marketer, developer, and manufacturer of branded health and fitness products. Nautilus offers a complete line of cardiovascular equipment for the home gym, including treadmills, recumbent bikes, and elliptical trainers.

According to the American Heart Association, inactive people are more likely to have an increased risk of coronary heart disease than those with high cholesterol, high blood pressure and those who smoke. This year, help your mom and dad get moving and reduce their risk of heart disease with a piece of Nautilus cardiovascular equipment for the home gym. Each piece of equipment, known for its bio-mechanical excellence, is based on scientific research and built to work with the body's natural movement and encourage correct form.

If mom and dad like to run or walk, but the weather and other outdoor elements keep them at home, give them a new Nautilus treadmill, so they can work out comfortably and safely right at home. Nautilus introduced its new 2003 line of premium treadmills that are designed to perform as great as they look. Each 2003 NTR Series treadmill features 11-gauge formed steel uprights, which provide maximum stability during heavy use. All Nautilus treadmills also feature React(TM) Absorption Control Technology designed to accommodate the needs of runners and walkers of all weights with maximum comfort and safety. The Nautilus line of treadmills retails for \$1,999 to \$2,799.

Parents with back or other torso problems will gain comfort and safety with a new Nautilus recumbent bike. A recumbent bike will give mom and dad a great workout without any strain on their upper body. Each bike is built with stainless steel access panels, so maintenance is easier and design is more visually pleasing. With standard computers on each bike, mom and dad can monitor their workout and progress with time, speed, average speed, RPM, distance, calories, total odometer, heart rate and workout level displays. Your parents will be so comfortable on a Nautilus recumbent bike, they might just replace their favorite chair and transform their sedentary life. Nautilus recumbent bikes retail for \$799 to \$1,799.

For an impact-free, full-body workout, mom and dad will love a piece of Nautilus elliptical equipment. The Nautilus elliptical trainers offer all-direction resistance to work every major muscle group while simulating the natural arm and leg motion of running or walking. The pedals follow the natural flow of the foot, and these features are packaged in an attractive, compact machine that fits in a smaller workout area. Nautilus elliptical trainers retail for \$1,699 to \$2,599.

Nautilus treadmills, recumbent bikes, and elliptical trainers 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 its 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).

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