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FEATURE/Nautilus Offers Easy and Affordable Exercise Equipment to Keep Students Fit

Whether Studying Hard or Playing Hard, These Pieces of Equipment from Nautilus Keep Your Mind and Body Sharp

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As you do your back-to-school shopping this year, don't forget to add an easy-to-use and affordable piece of exercise equipment to your list. According to experts, exercise builds brain power and alertness, because it prompts the release of adrenaline, which is a potent brain stimulant. Studies have shown that IQ and cognitive ability increase through exercise, too.

The Nautilus(R) Health and Fitness Group (NYSE: NLS), a leading marketer, developer, and manufacturer of branded health and fitness products, is offering exercise equipment for back-to-school that will fit into anyone's budget and even the smallest dorm rooms. This year, a Nautilus stability ball, a set of neoprene dumbbells or an exercise kit that focuses on improving balance, are school supplies that may be as important to earning top grades as a pen and paper.

The Nautilus stability ball retails for only \$25 and is one of the company's most versatile products. Students can use it for resistance training, stretching and balancing, while increasing core muscle strength. The stability ball includes a poster that guides students through a basic workout. An inflation tool makes blowing up the ball convenient and easy. When students are finished with their workout, they can use the stability ball as a desk chair, promoting good posture as they sit.

Most experts agree that an exercise routine that includes weight training and aerobic activity is best for overall health and physical fitness. While a brisk walk to class keeps students active, it's harder to incorporate adequate weight training into a student's busy life. The Nautilus Health and Fitness Group offers two different sets of neoprene dumbbells that are the perfect solution at only \$40 a set. One set includes two each of three-, five- and eight-pound weights and a small storage "tree" that gives students easy access to their weights. The other set includes two each of two-, three- and five-pound weights and a convenient carrying case for storage and transport. Each dumbbell is coated in neoprene to ensure a good grip, and because the weight increments are small, students can use the dumbbells for a light workout or even while they're studying.

For students looking for a more complete workout, the Nautilus balance kit is an ideal solution. It includes a balance board, a flat resistance band and two, two-pound Pilates balls. A poster that guides students through a step-by-step workout is also included in the kit. The balance kit retails for only \$40.

The Nautilus stability ball, neoprene dumbbells and the balance kit are available at Nautilus fitness retailers across the country. To find out more about this equipment, to learn about other Nautilus Health and Fitness Group products, and to find a dealer near you, visit www.nautilus.com.

About The Nautilus Group

The Nautilus Group, 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 and TreadClimber 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 Internet at www.nautilusgroup.com.

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