

Why Nautilus Strength Training?

- **Time efficient workouts** – 20 to 30 minutes 2 or 3 times per week.
- **Safe** – Machines that fit all, Men, women, young, old, fit and de-conditioned, will benefit from Nautilus Training.
- **Increase Muscle Strength** – After 8 weeks of standard Nautilus Training adults increased their strength by 50-60% .
- **Increase Muscle Mass** – On average a 3 to 4 pound increase in lean muscle after 8 weeks. Which will then increase your metabolism, to aid in a decrease in body fat.
- **Increase Muscle Endurance** – Muscle strength and muscle endurance are closely related. Nautilus circuit training will increase muscle endurance up to 50% over a 8 week period of time.
- **Improve Cardiovascular Endurance** – Substantial increase in aerobic capacity may be attained, from a circuit of Nautilus machines performed with minimum rest between stations.
- **Increase joint flexibility** – Empirical evidence indicates that properly performed strength training on Nautilus is useful for enhancing both muscle strength and Joint flexibility. [scroll for next page]

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- **Improved Body Composition** – Adults typically lose 5 pounds of lean muscle and gain 15 pounds of fat every decade after their mid twenty's. Dieting and aerobic exercise can reduce fat accumulation, but only strength training can restore and maintain lean muscle tissue. Subjects performing 25 minutes of Nautilus exercise and 25 minutes of aerobic exercise for an 8 week period, lost 8.5 pounds of fat and added 3 pounds of lean muscle. Seniors added 2.5 pounds of muscle while losing 4.0 pounds of body fat.
- **Increase Resting Metabolism** – Without strength training after our mid twenty's we lose 5 pounds of lean muscle per decade. As a result resting metabolism drops about 5% per decade. A 5 pound loss in lean muscle means, your body will use approximately 250 calories less, per day.
- **Increase Physical Capacity** – Clearly more muscle strength is advantageous for essentially all physical activities.
- **Increase Athletic Performance** – There is no doubt a stronger athlete is a better athlete. This applies to the recreational athlete as well. Therefore, strength training may be an excellent means of improving your golf game. [scroll for next page]

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- **Decrease Injury Risk** – Muscle weakness is related to many degenerative diseases and greater injury potential. Properly performed Nautilus training makes our muscles better shock absorbers and better joint stabilizers. By strengthening all of our major muscle groups we maintain joint integrity and reduce the risk of muscle imbalance and overuse injuries.
- **Enhance Personal Appearance** – Our muscles are the chassis of our body. Although too much fat can detract from our appearance, our muscles are responsible for our basic physique and physical structure. Strength training will not produce “Mr. America” muscles unless you are genetically gifted (better odds at winning Power Ball). Strength training can certainly make the difference between soft, unappealing muscle and firm attractive muscles!
- **Improve Self-Concept** – Strength training participants report a higher level of self confidence and self esteem.
- **Other Benefits** – Recent research has identified other beneficial physiological adaptations that result from regular exercise. These include increase bone density, decrease lipid levels, improved glucose metabolism, and reduced resting blood pressure. [scroll for next page]

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- In addition to providing important physical and psychological benefits, properly performed strength training has an extremely low injury rate. It would therefore appear to be advantageous for youth, adults and seniors to participate in a sensible strength training program. All this can be accomplished in 20 to 25 minutes, 2 or 3 times per week. Although many places may have Nautilus or similar equipment, you need to have someone who truly understands the philosophy of a high intensity Nautilus Circuit. We have over a quarter of a century training clients of all age groups and varying condition levels, and we would be happy to show you the way to achieve all these benefits. If you would like more information or would like to try a Nautilus workout for your self, call us at 828-9495 or E-mail us at bodyfitri@aol.com, to set up an appointment. We would also be happy to answer any questions you may have.*

Best wishes, Paul Wilson
*Owner **BODYFIT***