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SPORTSART FITNESS TREADMILLS SUPPORT FIREFIGHTER'S WELLNESS FITNESS INITIATIVE

Woodinville, WA (December, 2009) SportsArt Fitness, an industry leader in the design, development and manufacture of premium quality commercial fitness equipment, is pleased to announce the debut of Firefighter's Wellness Fitness Initiative programming on their T650 and T630 treadmills. The new treadmill software will allow fire departments to quickly and easily track their station's progress according to fitness protocols set forth by the Fire Service Joint Labor Management Wellness/Fitness Initiative.

The complex fitness evaluation standard previously required fire fighters to be tested by another person, who would keep track of the testing procedure using a stopwatch, paper and advanced calculations. Now, thanks to SportsArt Fitness this process has become as easy as the touch of a button. Testers simply put on a telemetry heart rate strap, get on the treadmill and push the WFI Fit Test program button. The treadmill asks firefighters to enter their age, height and weight. The treadmill will read the tester's heart rate from the telemetry heart rate strap and increase speed and incline alternately in one minute intervals until target heart rate is exceeded for 15 seconds. At the end of the test the treadmill will predict VO2 max for the user. The VO2 max number is the standard testing unit for the WFI program.

"SportsArt is making it easier than ever for fire departments to adopt a wellness and fitness program. They can now train, test and track their results on a single piece of equipment," Bob Baumgartner, Product Manager at SportsArt Fitness said. "This is a new wave of fire fighter fitness training."

About the Wellness Fitness Initiative

According to the IAFC website, the ultimate goal of the Fire Service Joint Labor Management Wellness/Fitness Initiative is to improve the quality of life for all firefighters. The project seeks to prove the value of investing wellness resources over time to maintain a fit, healthy, and capable firefighter throughout his/her 25-30 + year career and beyond. An effective program should realize significant cost savings in lost work time, workers compensation and disability. The program involves goals for fire departments in key areas of wellness including nutrition, fitness, behavioral health and rehabilitation. The full WFI document can be downloaded at http://www.iafc.org/associations/4685/files/healthWell_WFI3rdedition.pdf

About SportsArt Fitness

SportsArt Fitness is an industry leader in the design and manufacture of high quality cardiovascular and strength equipment for home and commercial use. SportsArt retains control over every aspect of component design and the overall manufacturing process ensuring proper integration, maximum performance and longer product life. In addition to TUV ISO 9001/9002 quality certifications, SportsArt products have garnered numerous awards from top-flight media outlets as well as four *Nova 7 awards*. For more information on the SportsArt Fitness brand and their latest products visit us on the web at www.sportsartamerica.com.

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