


 Monthly Feature

► Among the latest products from **CCS Fitness, Inc.**, are the Ridge Rocker and the Fusion elliptical runner. A "recommended" buy according to the 2001 edition of *Consumer Guide*, the Fusion is a variable stride elliptical machine that allows users to adjust the stride length, in one-inch increments, from 21" to 31". The machine offers a natural, no-impact movement, and a unique footplate design that helps to ensure proper positioning of the ankles, knees, and hips. The company's newest upright bike, the Ridge Rocker, employs a Virtual Terrain Suspension system that allows users to enjoy the natural up-and-down and side-to-side motion of an outdoor ride. Additional features of the bike include an integrated, eddy-current brake system, and an easy-to-read, programmable display that conveniently tracks time, speed, distance, heart rate, and calories burned. For more information, contact the company at 16401 E. 33rd Dr., Suite 40, Aurora, Colorado 80011; 800-344-0444; 303-341-5577; 303-341-8128 (FAX).

► **CheckFree Corporation** has created a brand new division—RCM Professional Services—in order to provide club management and operations consulting for health clubs. The consulting services include operations analysis, multi-site and multi-systems analysis, wide-area-network (WAN) design, software deployment strategies, application integration, contingency planning, and customized systems administration training. "Our vast experience in the industry has allowed us to develop a thorough understanding of the issues and obstacles faced by health clubs, as well as the many opportunities," notes Mark Johnson, senior vice president and general manager for Checkfree Health & Fitness. "With this extensive knowledge base, we are uniquely qualified to bring together a professional services team that will leverage our corporation's strengths to help make our clients more successful." For more information, contact the company at 6000 Perimeter Dr., Dublin, Ohio 43017-3215; 800-242-9522; 800-331-4373 (FAX).



► **fitnessheaven.com** is proud to introduce Web Racing, a real-time, Internet-based racing program that allows individuals to compete against one another—from anywhere in the world—on indoor fitness equipment. Participants simply log onto the Website, select the type of equipment they'll be using (e.g., bikes, treadmills, elliptical trainers, climbing machines, etc.), and then choose a course. The racing action is three-dimensional and realistic; competitors can even take advantage of "drafting" in an effort to pass opponents. Participation in Web Racing requires: a licensed copy of NetAthlon, the software that runs the program; a PC with an available serial or USB port; a PC-interactive fitness machine; and Internet connectivity at 28K or higher. For more information, contact the company at 2901 Cherry Ave., Signal Hill, California 90806; 562-427-1989; 562-427-5357 (FAX).



Dual Action

► **Cho-Pat, Inc.** presents a new addition to its line of sports-medicine products—the Dual Action Knee Strap. The Dual Action Knee Strap strengthens the kneecap mechanism by applying pressure on the tendon above the kneecap, thereby reducing the forces of the quadriceps muscles on the patella tendons and preventing erosion of the kneecap's under surface. Made of neoprene, the device applies constant dynamic forces to the surrounding areas of the knee joint, and is designed to provide maximum benefits while permitting full mobility. For more information, contact the company at P.O. Box 293, Hainesport, New Jersey 08036; 800-221-1601; 609-261-1336; 609-261-7593 (FAX).