

CARDIOSTRIDES™

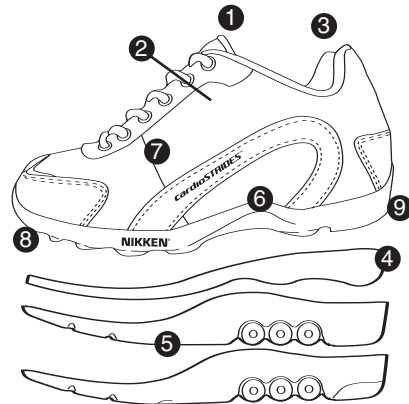
QUICK REFERENCE SHEET



- *New, improved design for better look and fit*
- *Cardiovascular exercise, muscle toning or weight control*
- *Make almost any activity a workout*
- *Choose desired insert weight — like two pairs of shoes in one*
- *Ergonomic design for comfort*
- *Better and safer than ankle weights*
- *Styling and comfort that equal any expensive athletic shoe*
- *Like a portable gym — that goes everywhere with you*

CardioStrides™ construction

1. Padded tongue and ankle surround for comfort
2. Internal padding for comfort and fit
3. Contoured collar to help prevent slipping
4. Cushioned insole
5. Removable inserts in two different weights (unweighted and weighted), for a range of activities
6. Insole and insert maximize weight distribution, reduce foot fatigue
7. Inner and outer construction diffuses heat buildup
8. Non-slip outsole pattern
9. Rounded heel to minimize impact on joints



CARDIOSTRIDES™ FEATURES/BENEFITS:

- **Internal weighted inserts** Provides resistance, can make walking or ordinary daily activity a healthy workout, to help control weight or tone muscles.
- **Different insert weights.** Choose the correct weight for walking, running, aerobics, almost any exercise.
- **Ergonomic design.** Weight is distributed evenly for balance.
- **High-density rubber insert composition** . . . No metal, allowing improved flexibility.
- **Weight carried at bottom.** Safer than ankle weights, no added stress on joints.
- **Shaped, rounded heel** Helps prevent slipping, reduces ground impact.
- **Padded interior surfaces.** Comfortable even for all-day wear.
- **Separate, cushioned insole** Placed on top of insert, for extra comfort.
- **Synthetic outer material** Provides superior flexibility and durability.
- **Non-slip outsole** Sure footing indoors or outdoors.

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THE FACTS

- Obesity, heart attack, cardiovascular disease, diabetes and other problems related to overweight are the most serious health issues today. Experts agree: the most effective form of prevention is exercise. But most people simply do not have time to include exercise as a regular activity.
- CardioStrides solve that problem by adding exercise to many of the things you already do every day. Walking or performing household tasks while wearing CardioStrides can amplify their health benefits, giving you a workout.
- Walking is not only the most popular form of exercise, it is also one of the safest. Walking is a natural activity that exercises major muscle groups. It avoids excessive stress on joints. Almost everyone can enjoy walking in CardioStrides.
- The new, improved design of CardioStrides allows you to expand your range of activities. Use the unweighted inserts for running or aerobics, to give CardioStrides the same performance characteristics as any high-quality athletic shoe. The weighted inserts add an increase in resistance for your workout, for walking or for casual wear.
- Instead of metal for weight, the inserts use high-density rubber for flexible comfort.
- Conventional ankle weights place stress on an unsupported ankle. By placing the weight at the bottom of the shoe, CardioStrides are better balanced.
- The thick, all-around padding in CardioStrides also helps avoid strain or injury. The rounded heel and high-density sole reduce impact shock.
- With the variety of weight inserts, new CardioStrides are like two pairs of shoes in one — athletic shoes and walking shoes.



PRODUCT INFORMATION	
ITEM CODE	DESCRIPTION
#1962-1967 Men #1968-1974 Women	CardioStrides (with unweighted and weighted inserts)
AVAILABILITY	
US: YES CN: YES	
FEATURED NIKKEN TECHNOLOGY	
CardioStrides ergonomic weight technology	
WEIGHT	
Varies	
ORDERING INSTRUCTIONS	
Both men and women may wish to order CardioStrides at least one whole size larger than they normally wear in athletic shoes, especially if they prefer heavy athletic socks.	
CARE INSTRUCTIONS	
Do not immerse in water. May be cleaned with a damp, soft cloth.	
WARRANTY INFORMATION	
60-day standard limited warranty	

QUICK SHARING TIP

- Compare CardioStrides to a gym membership. Joining a gym requires an ongoing expense. Going to a gym is difficult to fit into a busy schedule. CardioStrides are available for use anywhere, any time, to fit exercise into any daily routine.

CAUTION: Read instructions carefully before using CardioStrides. Use only the insert weight that is appropriate for the activity; excess weight heightens the risk of injury. Consult your healthcare provider before starting any exercise program. CardioStrides are not recommended for wear on stairs, slopes, escalators, in slippery conditions or in water. If discomfort, dizziness or pain is experienced while wearing this product, discontinue use and consult your healthcare provider.