**Healthy Living 1200 – Fitness Unit**

Use the Internet to complete the following assignment:

The **Fitness Product Industry** is worth more than 7 billion dollars in Canada alone. This includes everything from fitness shows to workout machines.

If you ever watched an infomercial, chances are that you have watched on that promoted a fitness product that would turn your abs into concrete or one that promised a tight butt with only minutes a day. But how do these products really perform/work? Do they live up to all that hype you see on infomercials?

Your task is to complete a review of at least one fitness product and determine if its actually as good as the promoters say it is.

Use **google** to find a specific product from the list below, or search for a product by doing a consumer search on the site [www.consumersearch.com](http://www.consumersearch.com). Once you’ve chosen a product, follow the report format listed below:

**Report Format**

1. Record the complete name of your product and add in the website(s) where you got your information from.
2. Identify the main purpose of the product (how it works and what body part it works/targets) and what the product promotes (Claim to Fame).
3. Record the approximate cost of the product.
4. Using consumer reports, note what is being reported on the product. Make a comment about each item listed below.
* Benefits
* Safety
* Ease of use
* Durability
* Storage
* Other

On some product websites (Company name Cybex as an example.) you can get this information by looking at user comments.

1. After reading about the product, would you recommend it? Why or why not?
2. Add in a photo of the product.

**Here are some ideas of products that you can select. You don’t have to choose from this list.**

* Tread Climber (by Nautilus)
* Bowflex Power Pro
* Tony Little Gazelle Free Style Elite
* Crossbow by Weider
* Total Gym
* Gyrotonic Transformer
* Boyd By Jake Total Body Trainer
* Body Dome
* Ab Swing
* Emson Smart Abs
* Body by Jake Bun and Thigh Rocker
* Bun and Thy Max
* Cybex Big Iron Rack

**Report Format**

- As listed above. Include as much information as possible.

- Include a photo (Google Images will help)

- You don’t need a cover page.

- You can copy and paste this format into a new word document, type in the info.

- Save your project as your name. Email to donnagibbons@nlesd.ca

You will get 1to 2 classes to complete this little project.