

**NIKKEN®**



***CardioStrides™ Ultra***

Don't change the  
way you live.  
Change your life.

FITNESS

# **Nikken CardioStrides™ Ultra.**

I will exercise  
every day.  
I will lose the  
extra pounds,  
get in shape,  
and feel good  
about myself.

Because now  
I can.



*“The CardioStrides are  
fantastic for toning muscles.”*

— Sallye Wentz,  
Charlotte, North Carolina

## CardioStrides Ultra add exercise to your life.

Fitness — getting in shape or staying that way — is important. And so is cardiovascular health. That’s true at any age. But up until now, it’s been difficult to include fitness in your schedule.

Working out is tedious. It means a trip to the gym. Or buying special equipment, that ends up in a closet.

And it takes too much time.

Now you don’t have to find the time to exercise. With CardioStrides Ultra, a workout becomes part of your daily routine.

## “No pain, no gain”? Not necessarily.

Strenuous exertion is not the only way to improve fitness. Walking is the simplest, most natural form of motion, and with CardioStrides Ultra, a brisk walk is an athletic yet comfortable experience.

How do these shoes promote weight control, fitness, and a healthy heart — without a change in your lifestyle?

CardioStrides Ultra contain specially shaped, ergonomic weighted inserts. Wearing CardioStrides Ultra while you’re walking, working around the house or working out, helps you to **burn calories faster — firm and tone muscles — get in better shape — raise your metabolic rate and receive cardiovascular conditioning.**\*

With CardioStrides Ultra, you can enjoy healthy exercise while performing virtually any activity — while you’re doing many of the same things you already spend your time on.

*\*When used in conjunction with an exercise program.*



### Three insert weights, to match your activity level

Three different inserts — unweighted, medium-weight and maximum-weight\* — are available. You select the correct insert weight for the exertion.

*\* Sold separately*



*“The CardioStrides™ are really great for getting in shape. I’m a physical educator, and I find the CardioStrides easy, simple and efficacious.”*

— Francois Letourneau,  
St. Laurent, Quebec

## Owning a pair of CardioStrides™ Ultra is like having three pairs of shoes in one.

**Unweighted inserts** are ideal for jogging, aerobics, or other high-energy pursuits. With the unweighted inserts, CardioStrides Ultra match the performance characteristics of high-end athletic shoes.

**Medium-weight inserts** are for walking or everyday use such as housework, wearing to work or casual wear. These inserts can help add a workout to normal daily exercise.

Select the **maximum-weight inserts** (sold separately) to amplify the calorie-burning, muscle-toning and cardiovascular benefits of wearing CardioStrides Ultra, while you’re taking a walk or going about your routine.

## Why you need CardioStrides Ultra

- Heart attack and cardiovascular diseases are among the top causes of death in America today.
- Obesity and overweight have been called the greatest health problem.
- Medical experts agree: the most effective form of prevention is exercise.
- Keeping in shape and preserving muscle tone can help resist the effects of aging, including fatigue.
- Exercise is good for you in many ways. Studies show that it improves mood and attitude, and can lift depression naturally.



**Helps burn fat, increase heart rate and oxygen intake while raising metabolism**

Walking or exercising in CardioStrides™ Ultra can increase heart rate and oxygen intake.\*

Higher metabolic rates through exercise burn fat, help to prevent or reduce fat gain and strengthen the heart.

**Helps strengthen the back**

Exertion that works various muscle groups can improve muscle tone in lower back, abdominal and hip areas.

**All-over body shaping\***

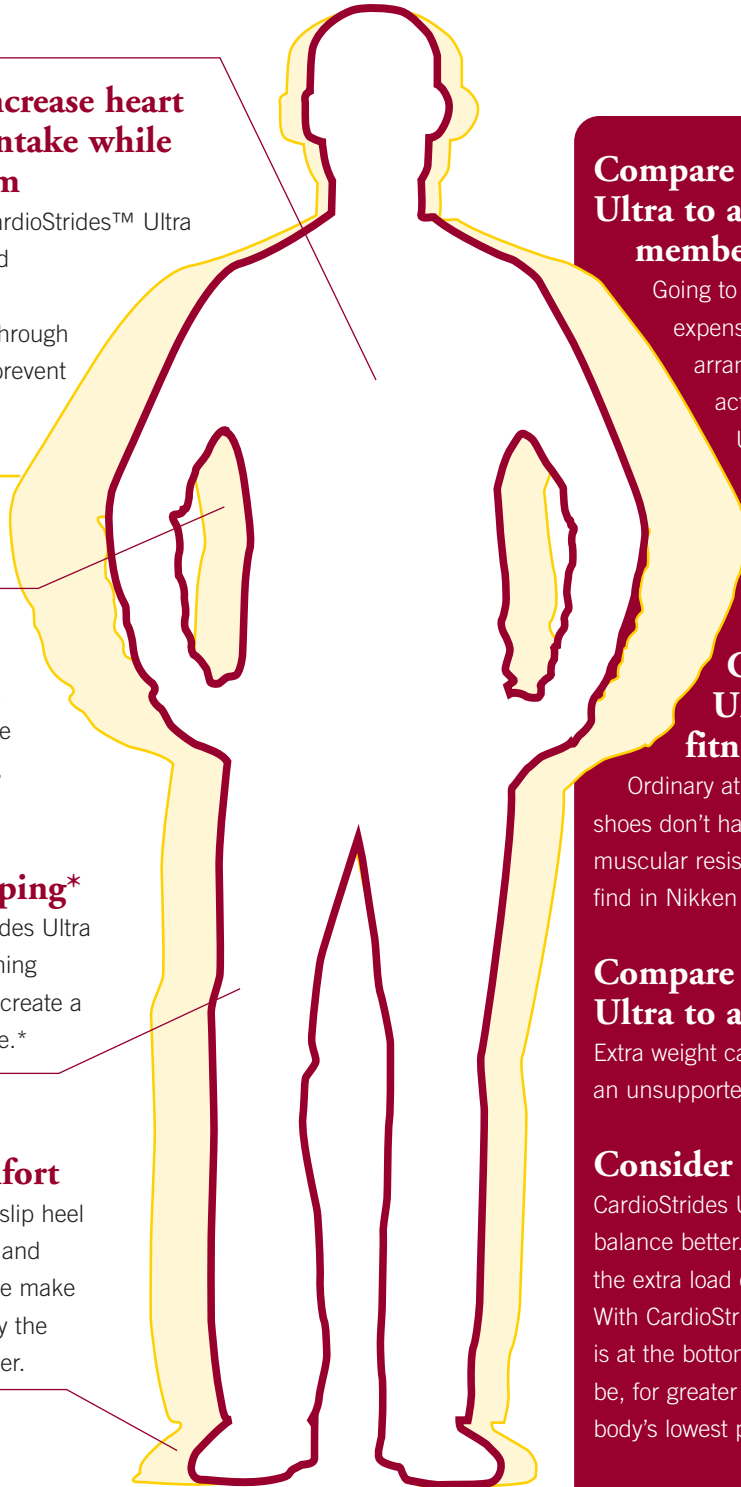
During exercise, CardioStrides Ultra can help in firming and toning muscle groups, helping to create a leaner, slimmer body shape.\*

**Designed for comfort**

Full internal padding, non-slip heel liner, padded upper insole and impact-absorbing outer sole make CardioStrides Ultra possibly the most comfortable shoes ever.

**FDA Medical Device Class**

The U.S. Food and Drug Administration designates CardioStrides Ultra a Class I medical device.



**Compare CardioStrides Ultra to a fitness club membership**

Going to a gym can be expensive—and difficult to arrange in your day's activities. CardioStrides Ultra are ready for you to use, wherever you are.

**Compare CardioStrides Ultra to other fitness shoes**

Ordinary athletic or workout shoes don't have the built-in muscular resistance feature you'll find in Nikken CardioStrides Ultra.

**Compare CardioStrides Ultra to ankle weights**

Extra weight can impose stress on an unsupported ankle.

**Consider balance**

CardioStrides Ultra help you balance better. Ankle weights put the extra load on top of the feet. With CardioStrides Ultra, the weight is at the bottom—where it should be, for greater safety—at your body's lowest point.

*\*When used in conjunction with an exercise program.*



**Developed in conjunction with exercise authorities**

Here's what Japanese professionals — who put this technology to the test — had to say about an exercise program that included weighted shoes:

***Increase your activity level just by walking***

Leg and back muscles can be effectively trained within a short time by walking with weight attached to the legs. Developing muscle also is very effective in promoting cardiovascular health.

Walking in the weighted shoes can provide the necessary exertion and increase in muscle power to accomplish this, in a short time. It helps create a healthy body.

**Yoshinori Miyazaki, M.D.**  
 Professor, Tokyo Gakugei University

***Increase in energy consumption***

As a result of experiments conducted with subjects using this design of weighted shoes, we found that energy consumption and muscular exertion levels in a body when walking is greater than when walking in ordinary shoes. In other words, walking activity with weighted shoes promotes the consumption of excess energy.

As far as stress levels to the body during walking are concerned, there were some comments that these shoes felt heavy at first, but this sensation seemed to disappear with continued use. Some respondents reported no fatigue in the legs.

The shoes exert their effect on the body's various systems through modest activity, by walking. We can say that these are the shoes for our health.

**Mitsuhiro Masuhara, M.D.**  
 Professor, Osaka Taiiku University

## Designed for Nikken, the world leader in wellness technology

Nikken is known for the most advanced wellness products. Since 1975, Nikken has introduced cutting-edge technologies to address major concerns of modern living - quality sleep, freedom from discomfort, stress reduction, better nutrition, improved fitness and healthy drinking water. And Nikken remains at the forefront of the wellness industry by working with leading research labs and universities around the world.

The latest Nikken innovation in wellness, CardioStrides Ultra allow your feet to move naturally with full foot and arch support. Instead of a solid metal weight, the inserts feature metallic powder infused in the plastic insert material, for even more flexibility.



Thick interior padding in CardioStrides Ultra makes them extremely comfortable. The insole layer, with the insert in between, helps to absorb shocks while providing perfect fit. The padded instep base and tongue add comfort.

CardioStrides Ultra, when worn during normal daily activity and appropriate exercise, are safe for almost everyone: men and women, office workers, athletes, students. At any age, walking is one of the safest forms of exercise, working major muscles with low impact.

Make CardioStrides Ultra shoes part of your plan for achieving better health and fitness.

US Patent pending

## *I will eat my vegetables.*

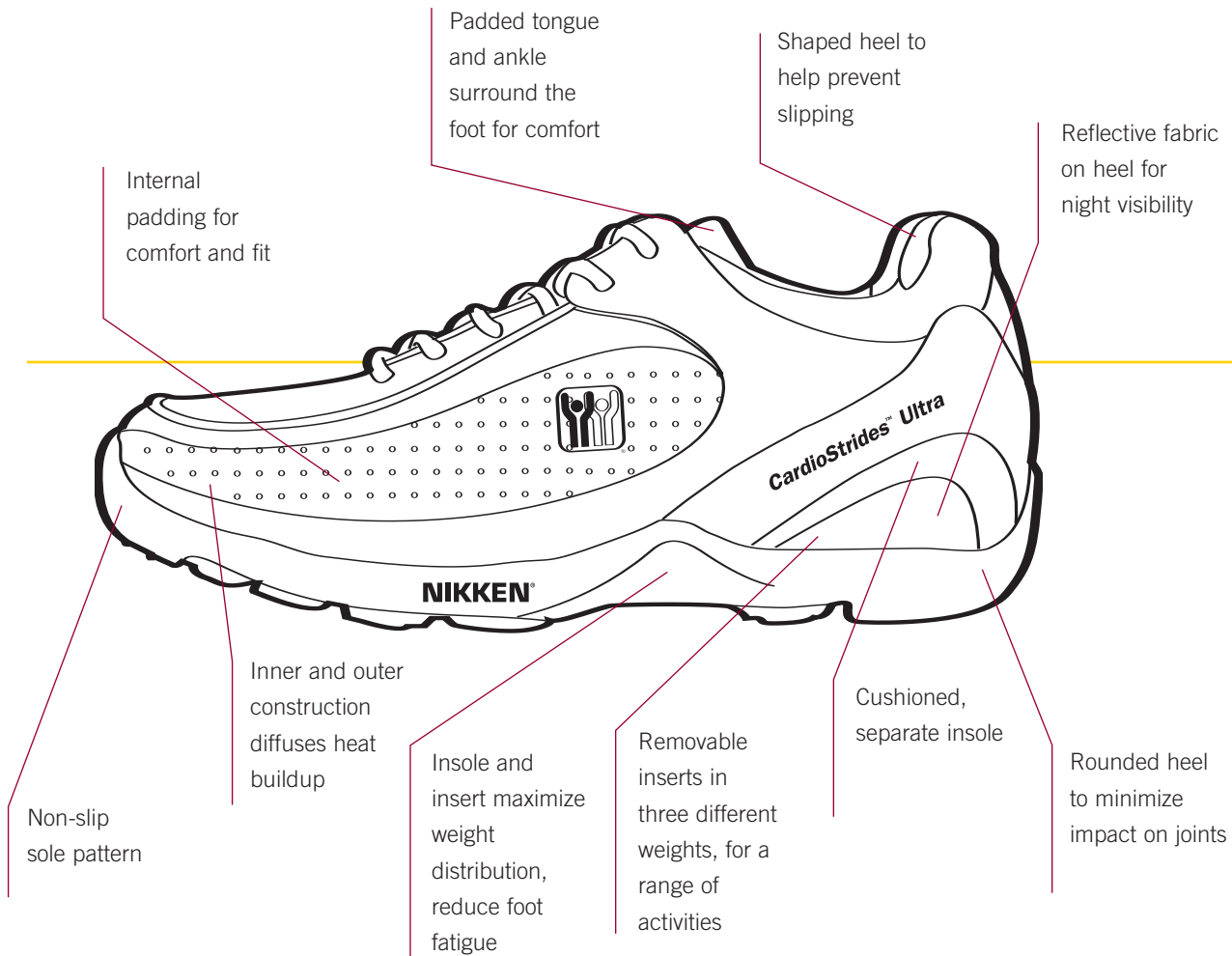


*Proper nutrition — especially from multiple servings of whole foods such as fruits and vegetables — is an essential part of any diet and exercise program.*

*Nikken has helped solve the problem of how to receive more whole-food nutrition, even while following a moderate diet. The answer is **Kenzen™***

***Wellness**, the Nikken system that provides balanced, wholesome natural nutrition — what a body was designed to live on.*

*Kenzen Wellness begins with a foundation composed of Jade GreenZymes™ and Lactoferrin Gold 1.8™ — products containing natural, core nutrition. The next level is Kenzen™ Wellness Daily Nutrition, capsules and softgels that provide a wide range of vitamins and minerals, plus the Oxidative Defense Complex. The Kenzen Wellness Body Balance System is designed to support weight management; Kenzen™ Wellness Reinforcement is targeted nutrition for specific areas of concern.*



## How to order Nikken CardioStrides Ultra — sizing

Women should order CardioStrides Ultra in the same size they normally buy in athletic shoes, for a good fit with any kind of socks. Men may wish to order CardioStrides Ultra a half-size larger than they usually wear, especially if they prefer heavy athletic socks, such as CardioSox.

Item #	Description	Heavy weight insert item #	Item #	Description	Heavy weight insert item #
1910	Cardiostrides Ultra - Men - 8	19101	1920	Cardiostrides Ultra - Women - 6	19201
1911	Cardiostrides Ultra - Men - 9	19111	1921	Cardiostrides Ultra - Women - 7	19211
1912	Cardiostrides Ultra - Men - 9 <sup>1/2</sup>	19121	1922	Cardiostrides Ultra - Women - 7 <sup>1/2</sup>	19221
1913	Cardiostrides Ultra - Men - 10	19131	1923	Cardiostrides Ultra - Women - 8	19231
1914	Cardiostrides Ultra - Men - 10 <sup>1/2</sup>	19141	1924	Cardiostrides Ultra - Women - 8 <sup>1/2</sup>	19241
1915	Cardiostrides Ultra - Men - 11	19151	1925	Cardiostrides Ultra - Women - 9	19251
1916	Cardiostrides Ultra - Men - 11 <sup>1/2</sup>	19161	1926	Cardiostrides Ultra - Women - 9 <sup>1/2</sup>	19261
1917	Cardiostrides Ultra - Men - 12	19171	1927	Cardiostrides Ultra - Women - 10	19271
1918	Cardiostrides Ultra - Men - 13	19181	1928	Cardiostrides Ultra - Women - 11	19281



## *I will coordinate my activities.*



*CardioStrides Ultra aren't the only Nikken products that can make exercise a better experience. Nikken CardioSox™ are specially designed for wear with CardioStrides Ultra or for any workout or casual activity. CardioSox are made with Chitocotton, Far-Infrared Technology and AeroCool Technology to help reduce odor and keep feet comfortable. A built-in arch support and padded cushion protect the foot and help prevent fatigue.*

*Nikken Magstrides™ are the sport version of the renowned Nikken Magsteps®, the original magnetic insole. Magstrides employ proprietary EQL Magnetic Technology and add resilient, high-density foam and ventilated construction, along with the 100% magnetic coverage that only Nikken insoles can offer.*

*“I have been wearing the CardioStrides for regular exercise since May. I have lost 7 pounds so far, and I haven't altered my eating habits at all. I feel great and look great!”*

— Nancy Walker,  
Mead, Washington

*“Wearing the CardioStrides while exercising has raised my metabolism and helped my back tremendously.”*

— Joy Perpetua,  
Myrtle Beach, South Carolina

### **Warranty**

Nikken CardioStrides Ultra are provided with a 60-day warranty against manufacturing defects.

**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 health care provider before starting any exercise program. Weighted CardioStrides are not recommended for wear on stairs, slopes, escalators, in slippery conditions or in water. These shoes are not recommended for children

or for people with heart or joint problems or serious health conditions. If discomfort, dizziness or pain is experienced while wearing this product, discontinue use and consult your health care provider. In any fitness program, results may vary. No fitness or weight loss guarantee is offered or implied.

Approved by the



*I will get my forty winks.*



Medical science says it every day: sleep is the foundation of good health. The Nikken **Kenko™ Sleep System** reflects the same philosophy as Nikken CardioStrides Ultra — it makes wellness an integral part of your daily life.

The Kenko Sleep System includes a mattress or pad, pillow and comforter — all developed to promote the best, most restorative, most healthy sleep you may ever enjoy. Advanced Nikken technologies in the Kenko Sleep System include orthopedically correct support, Nikken Rubberthane that provides a unique massaging feel, magnetic technology, Nikken Far-Infrared Technology, viscoelastic foam, contoured pillow design and specially engineered ventilation. Only the Nikken Kenko Sleep System offers such a combination of technologies, for promoting better sleep and better health.

*“I’ve been wearing CardioStrides for two months, and I haven’t changed any of my other habits, in exercise or diet, and I’ve lost 18 pounds and lost 3 inches from my waist and 4 inches from my hips.”*

— Susan Garber,  
Pompano Beach, Florida



## *I will get my workout — even on a rainy day.*



You don't have to go to the gym, or even go outside, to enjoy exercising with your own personal trainer. This exciting video presentation shows just how much fun you can have with a low-impact, easy-to-follow exercise routine. Nikken CardioStrides Ultra are optional, but highly recommended. The Nikken *Total Wellness Workout* is led by fitness guru Yuichi Sugiyama, who choreographed these exercises exclusively for Nikken Wellness Consultants. Yuichi has performed at Nikken Conventions, sharing his love and profound knowledge of exercise and dance. With the *Total Wellness Workout* you can work your way to a healthier you.

"TOTAL WELLNESS WORKOUT" DVD-SINGLE	#92775
"TOTAL WELLNESS WORKOUT" VIDEO-SINGLE	#92776

## *I will drink water, water everywhere.*

Make sure you have plenty of water available at all times, because water assists in keeping tissues hydrated and can aid in weight loss.

Nikken **PiMag™** water products are an ideal way to help replenish the body's water supply. Known as "the water of life," pi water was discovered in Asia more than 30 years ago. Nikken introduced this technology to North America, and is the exclusive provider of the countertop PiMag™ Water System, the PiMag™ Aqua Pour™ Deluxe Gravity Water System. For the best water you can drink, the PiMag™ Optimizer II features Nikken Magnetic Technology, PiMag Technology (with natural minerals including coral calcium) and vortex

action that oxygenates water. You can even shower in PiMag water with the PiMag™ Vitalizing Shower System that uses Vitamin C to neutralize chlorine and condition skin and hair.





## Questions and answers

**Q. Can a person with back problems wear these shoes?**

**A.** CardioStrides™ Ultra feel heavy in the hand, but this amount of weight is a comfortable load for the legs. Some hospitals use shoes like these for the rehabilitation of patients with back and knee problems. As always, if there are pre-existing problems check with your health care provider before undertaking any kind of exercise.

**Q. Why are Nikken CardioStrides Ultra so effective for getting in shape?**

**A.** A person walking or exercising while wearing CardioStrides Ultra can raise metabolic rate and increase energy consumption. The shoes help the wearer to accomplish this because the extra muscle resistance contributes to increased oxygen intake and heartbeat. This can help raise the body's metabolic rate. (Based on results from a small-scale test study. Results vary, and this is not a guarantee of performance.)

**Q. Will wearing CardioStrides Ultra develop stocky, thick, muscular legs?**

**A.** Muscles can be divided into two groups. Some muscles, when developed by exercising with heavy weights, increase bulk. This is how weightlifters attain their body structure. Muscles can also be developed to provide endurance rather than strength. When they are exercised, they increase body tone. Under moderate exercise these muscles do not “bulk up” or increase in size. Instead, they become more toned, and stronger.

**Q. Wouldn't ankle weights produce the same effect?**

**A.** Wraparound ankle weights also provide muscular resistance. But placing weights in that location may impose extra strain on the ankle.

Balance is also worth considering. Only CardioStrides Ultra put the extra weight at the body's lowest point, instead of on top of it as ankle weights do.



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