

Stylish home fitness equipment blends with home decor

Home gyms are becoming one of the fastest growing trends for homeowners, who are building or converting spare rooms, bedrooms or even patios into workout areas.

Creating a home gym presents a challenge for homeowners to design the space so that it's functional and is stylish, says Bob Whip, president of Horizon Fitness, whose company recently rolled out a line of treadmills, exercise bikes and elliptical trainers with a burled wood look.

"Fitness equipment manufacturers have continuously lost sight that home fitness equipment is for the home,"

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Bob Whip
— president of Horizon Fitness

says Whip. "Gone are the days of having a set of barbells, a bench and maybe a stationary cycle placed in a refurbished garage. Today's home gyms are now seen as an amenity, a possession that contributes to the quality of life, and they should reflect the changing consumer preferences and

lifestyles."

However fashionable, the need for functionality and durability in a home gym is crucial when investing in equipment. You should look for equipment that is quiet, has exceptional construction and is designed to withstand the rigors of tough workouts.

"I realized quite some time ago that I just couldn't keep up with my life and still exercise consistently," said Cynthia Davis of Dallas, Texas, a professional, single mother of two. "I also didn't want my home gym to look like a neighbor's, who had bulky, sterile gym equipment. The beautiful wood trim on the Horizon Fitness equipment has helped me create a private workout refuge that I'm proud to show off."

Horizon has designed its entire product line with burled wood look (typically found in luxury cars) on the console, side rail and hood so that the

equipment works with the decor in any home, any lifestyle. Horizon also has future plans to offer different wood trim options on their entire product line such as light oak, teak, and mahogany.

Horizon's treadmill series offers three different models, the Paragon, Quantum and Omega. Along with Horizon's 10-year motor warranty, the three models offer user-friendly consoles with large buttons and easy-to-read windows, maintenance-free waxed decks with a durable, two-ply running belt, automatic incline capability and a high-torque continuous duty motor that

have a spacious running surface. Horizon Fitness treadmills are offered at a suggested retail price range of \$699 to \$1,099.

Horizon Fitness provides high-quality, value-oriented home fitness products that can be found nationwide and internationally at Sears, Busy Body's, Fitness Warehouse, Galyan's, Play It Again Sports, Chick's Sporting Goods, Sport Chalet and Dick's Sporting Goods.

To find the nearest retailers please call (800)244-4192, or log onto the Horizon Fitness website at www.horizonfitness.com.

These household cleaners are simple, non-toxic

Household cleaning products can contain many chemicals and toxins. Consumers looking for an alternative to national brands can easily make their own cleaning concoctions at home with the following simple recipes offered by Whole Foods Market, the world's largest natural and organic supermarket.

■ **Oven cleaner:** Make a paste of equal parts salt, baking soda and water. First, wipe away any grease and scratch off burnt spots with a scouring brush or steel wool. Finally, apply the paste, let stand five minutes and wipe clean with a damp rag. Scrub if necessary. Do not allow baking soda to touch heating elements or wiring.

■ **Mold remover:** Saturate a sponge with full-strength vinegar and scrub the moldy area. Rinse well.

■ **Carpet freshener:** In a container with a tight-fitting lid, combine 1 cup crushed dried herbs (such as lavender or rosemary) with 1 teaspoon ground cloves, 1 teaspoon ground cinnamon and 2 teaspoons baking soda. Shake well to blend. Sprinkle the mixture on carpet and let sit for one hour. Vacuum.

■ **Rust remover:** Sprinkle salt on the rust and then squeeze a lime over the salt until it is soaked in juice. Let the mixture sit for up to three

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hours. The leftover lime rind can be used as a handy scrubber to remove the rust. Another option is to rub the rust with ball-pled aluminum foil after wetting it with water. Use caution as aluminum foil will scratch chrome.

■ **Drain clearing agent:** Sprinkle a generous amount of baking soda in and around the drain opening. Follow with 1 cup of white vinegar. Repeat if necessary and flush with hot water.

■ **Tile floor cleaners:** Mop floor with solution of 1 to 2 teaspoons of liquid dish soap dissolved in 3 gallons of warm water. Rinse with 1 cup of white vinegar in 3 gallons of cool water.

■ **Grease stain remover:** Cover stain with a mixture of borax and water. Rub in and wipe off. Rinse well after applying stain remover.

■ **Silver cleaner:** Rub the silver with toothpaste; wipe off tarnish and then rinse. Dry with a soft cloth.

■ **Kitchen disposal freshener:** Just drop in a few lemon wedges and flip the switch.

Regardless of the product used, follow these safety tips: Always ventilate the work area and keep windows open; store cleaners in labeled, non-food containers under the sink or in an area where food is not stored; keep all products out of the reach of children; wear gloves, protective clothing and shoes and avoid contact with skin and eyes; and dispose of empty containers by following community recycling instructions.

Founded in 1980 in Austin, Texas, Whole Foods Market® (www.wholefoodsmarket.com) is the world's largest natural and organic foods supermarket. In fiscal year 2001, the company had sales of \$2.3 billion and currently has more than 130 stores in the U.S. The Whole Foods Market motto is "Whole Foods, Whole People, Whole Planet." The company employs more than 23,000 team members and has been ranked for five consecutive years as one of the "Top 100 Companies to Work for" in America by *Fortune* magazine.



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