

Evening **WALKER**
for active body and mind

Walk the World ...within Four Walls

A portable and pollution free fitness option perfectly suited for the whole family. Now grandpa can jog at the same pace as his grandson. It's conveniently designed and can be carried just like a handy cam even while travelling. *Now walk the world within four walls.*

3IN
ONE

- Swings
- Vibrates
- Infrared



Introducing EVENING WALKER, an aerobic exerciser designed on the principle of a goldfish, by which you can carry out your walking exercise in a relaxed and comfortable posture, lying in the bed. Using EVENING WALKER for around 15 minutes generates the same aerobic effect as that of a brisk walk of 10000 steps or an oxygen benefit equivalent to 8 km.

Modern life has given all that makes life richer and more enjoyable. However it is also marred by hectic pace and the resulting ill effects. The following are some of the prominent causes of derailed life style:

- Junk food which may be rich in unwanted calories but not in nutritive values.
- Ill effects of air & water pollution, the harmful side effects that result due to agricultural pesticides and noise pollution.
- Common use of artificial air-conditioners and heaters that adversely affect the skin function.
- The ever increasing use of food additives and medicine.
- Old age ailments, stress related psychosomatic illness

Worldwide studies conducted by various scientific and research institutes across the globe revealed that oxygen efficient aerobic exerciser is the most effective way to combat all the ill effects of modern life and maintaining good health and wellbeing.

This sort of exerciser not only helps in enhancing the general body condition but also increases the positive energy and helps in molding better outlook and attitude towards life. These exercisers are a perfect way to combat age related ailments.

EVENING WALKER can be used anytime, anyplace by people of all ages starting from an 8 year old kid to an 80 year old individual. It is absolutely free from side effects. It is portable, compact and easy to carry and use. Its power consumption is minimal, almost negligible.



Passive aerobic exercisers, or Swing Machines, employ a side to side swinging motion in order to oxygenate, tone, and strengthen the body while increasing the feelings of aliveness and well-being. That is, they raise the Chi or life force energy in the body.

In Chinese self-care medical terms, the Swing Machine is said to increase "Chi" which means, to enhance the flow of life energy in the body. Using a Passive Aerobic Exerciser helps improve circulation and cell oxygenation just as aerobic exercise does, but without raising blood pressure or heart rate. Daily use improves the body's metabolism, helps align the spine, stimulates the immune system, releases muscle tension, and gently manipulates the internal organs. Many users report increased energy and rapid relief of stress and tension; also many individuals comment on relief of chronic back or neck pain within a matter of days.

Increased oxygenation of the blood takes place due to lateral flexing of the spine, which stimulates the autonomic nervous system to open the bronchioles. Once there is increased oxygenation, the circulation automatically increases to pick up the additional oxygen. The gravitational angle of the legs and the rocking of the sacrum causes improvement in lymphatic drainage and the frequency of the motion in combination with the "figure 8" rocking, creates the normalization of cerebral spinal flow. In addition, measurements have shown that the use of the machine creates an Alpha state in the brain, which bridges the gap between the conscious and subconscious mind, inducing light meditation.

Using an Evening Walker for 15 minutes, twice a day, tones the body, strengthens the abdominal area and may increase metabolism when used in conjunction with a reasonable diet program. Reduce pounds and inches off your waist line. Firm and tone your thighs, hips and buttocks.



FEATURES

- Aerobic exercise to the whole body.
- Perfect for reduction of weight and unhealthy fat.
- Perfect for generating inner strength in the entire body.
- Greatly improves blood circulation.
- Relieves back pain, muscle pain and nerve pain.
- Strengthens the Spinal cord and Joints.
- Solves lack of daily exercise and oxygen deficiency.
- Enhances Digestion.
- Increases immunity and resistance to allergies
- Ensures firming and toning of thighs, hips, buttocks, stomach and breasts.
- Provides perfect relief for various diseases and ailments

BENEFITS

- Better stamina
- Stress reduction
- Relief from back pain
- Improved lymphatic drainage
- Reduce overall body weight
- More energy, a greater sense of well-being
- Stronger and more limber spine and joints
- Firming and toning of thighs, hips, buttocks
- Sounder and more restful sleep
- Greater ease in getting going in the morning
- Stronger immune system - fewer or no colds
- Alleviation of many stress-related conditions
- Improved circulation of the blood
- Improved function of the internal organs



Four Outstanding Characteristics of Evening Walker

1. Full body exercise, with no side effects

The Evening Walker is a full body exercise system. Men, women, the elderly and children can all use it.

There are no limits on when, where, or under which climatic conditions you can use it. (if one is recovering from recent surgery or has any degenerative bone disease or heart disease, please consult your doctor prior to using Evening Walker)

2. Lie down to use it.

Only a very slight pressure or stretching of joints, muscles and tendons. Not a weight bearing exercise.

3. No injuries

Because you are lying down when you use the exerciser you can't fall down, twist your muscles or get injured in any way.

Your heart rate will not increase, nor will blood pressure, thus providing a safe and effective way for you to exercise.

If one is recovering from recent surgery or has any degenerative bone disease or heart disease, please consult your doctor prior to using Evening Walker.

4. Simple and Comfortable

Evening Walker is extremely simple and convenient to use. For people with busy schedules, they provide the easiest way to develop an ongoing exercise habit.

TECHNICAL SPECIFICATIONS

Description:	Computer Sway Massager
Model:	SSI-08YB
Rated Voltage:	220V/ 50Hz
Rated Power:	50W
Net Weight:	5.25Kg
Measurement:	39.9* 25.2* 39CM



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