

FOR IMMEDIATE RELEASE

Merrithew Health & Fitness™ named global distributor of the Halo® Trainer

Functional bodyweight training with one simple tool

Toronto – December 4, 2012 – Merrithew Health & Fitness™, the leading provider of multi-disciplinary fitness education and equipment, is proud to announce its appointment as the exclusive global distributor of the [Halo® Trainer](#), developed by Halo Rehab & Fitness, LLC.

Under the arrangement, Merrithew Health & Fitness will provide global sales and marketing support for the Halo Trainer, an ergonomic handlebar and Stability Ball™ combination that is ideal for core and strength work, flexibility training, overall conditioning, and is suitable for physical and occupational therapy applications.

Lindsay G. Merrithew, President and CEO of Merrithew Health & Fitness, said today

“With the addition of the Halo Trainer we expand our offering of high-quality, innovative equipment with multi-disciplinary appeal. We are excited to share it with our worldwide community of fitness professionals and enthusiasts, as well as those in the rehabilitation field.”

The Halo Trainer’s ergonomic patented design helps alter angle of inclination, provide a stable platform and control stability challenge. Used alone, the Halo Trainer functions as a support for the hands ensuring optimal wrist strength and positioning, and is a stability tool for both the upper and lower body. When the Stability Ball is incorporated, programming options are increased ten-fold by securing and immobilizing the ball.

“We are currently developing workshops to educate our instructors and other fitness professionals about the hundreds of core strength and flexibility exercises that can be performed with the Halo Trainer,” said Moira Merrithew, Executive Director, Education at Merrithew Health & Fitness.

“The Halo Trainer is perfect for progressive core strengthening and general spinal health,” says Bryce Taylor, a practicing physical therapist and inventor of the Halo Trainer. “By fusing rehabilitation techniques and Pilates with rapidly growing functional fitness training programs, the body can function at optimal levels. Halo Training bridges the gap between fitness and rehab.”

Suitable for fitness facilities, home gyms, Pilates studios and physical therapy clinics, the Halo Trainer can be used on its own or in combination with popular exercise equipment such as the [Stability Ball](#), TRX® Suspension Trainer and [BOSU®](#) Balance Trainer.

The Halo Trainer is available now!

Orders received before December 31, 2012 will receive 10% off.

For more information, visit www.merrithew.com/halo-trainer or call 1-800-910-0001 x 264 to talk with a sales representative. For media inquiries please contact: communications@merrithew.com | 1-800-910-0001

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[Merrithew Health & Fitness™](#) is dedicated to building high-caliber, multi-disciplinary fitness brands for people of all ages, levels of fitness and abilities. For almost 25 years, Lindsay and Moira Merrithew have built their business on the philosophy that effective and responsible exercise is the foundation to a better lifestyle. [STOTT PILATES®](#), MH&F’s premier Pilates brand, delivers high-caliber education with over 35,000 students trained from more than 118 countries. Their other high-end fitness brands include [CORE™ Athletic Conditioning & Performance Training™](#) and [ZEN•GA™](#), an innovative fusion of exercise science and mindful movement. For more information please visit merrithew.com. Follow MH&F on Twitter [@STOTT_PILATES](#)

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