

## National Press Release

# Fight The Financial Fallout - Focus on Fitness

Leading Web Retailer CSN Stores Offers Simple Stress Relief Solutions



BOSTON, Oct. 24/PRNewswire/ -- Try to keep up with the economy these days, and you'll find yourself on a wild roller coaster ride. Unexpected turns and dramatic ups and downs have left even the average Joe Sixpack overwhelmed and searching for personal and financial relief. But shopping experts at CSN Stores, the largest, Web-only home goods retailer in the U.S., have discovered one way to ease the ride.

Recognizing that some people use working out as a way to reduce stress in challenging times, CSN has just launched [www.FitnessEquipmentAndMore.com](http://www.FitnessEquipmentAndMore.com), an easy-to-navigate forum that aims to introduce healthier lifestyles at home. Beyond treadmills and other fitness staples, the site features unexpected items that contribute to overall wellness.

"The world's economic situation will add more stress onto the upcoming holiday season, which is usually when people pack on extra pounds," says Ev Kelty, CSN's Fitness Expert. "It's more important than ever to stay fit, watch your weight, manage stress, and try to have a renewed outlook."

Kelty couldn't be more right. Over 40 percent of adults suffer adverse health effects from stress. And with added pressures from the economy and holidays, the need to watch for signs of stress overload in '08 is even more acute. Signs include: headaches, moodiness, or increased agitation. If these are escalated, it's recommended that you drink more water, take time to relax and maintain a stress-relieving fitness routine.

To help uphold your routine, FitnessEquipmentAndMore.com offers a wide selection of treadmills, elliptical machines, exercise bikes, and other home gym equipment for every budget, as well as jogging strollers and other items to help you get into shape. Kelty and others running the site also will keep you updated on the latest fitness news and anecdotes on their blog, [www.fitnessfocused.blogspot.com](http://www.fitnessfocused.blogspot.com).

Launching FitnessEquipmentAndMore.com marks CSN Stores' first entry into the home gym category. "Consumers were looking for ways to reduce stress, get fit and cut down on their gym memberships, so CSN decided to open this one-stop home gym site," says Kelty. The site is expected to add hundreds of additional products in the coming months to keep up with the latest fitness trends.

Check out [www.FitnessEquipmentAndMore.com](http://www.FitnessEquipmentAndMore.com) and help get yourself into the right shape to enjoy some healthy holidays and power through the uncertainty of the financial fallout.