

FOR IMMEDIATE RELEASE:

CONTACT:

Todd Wieland
Canis Learning Systems
239-793-5255
239-793-5255
todd@canislearning.com
www.oxymetrics.com

“OxyMetrics” Introduces Low-Impact Home Exercise Program

Naples, FL, September 24, 2003 — Offering the hope of weight loss and all-over body toning in a low-impact exercise program, Canis Learning Systems announces the publication of the ebook, “OxyMetrics.” Now available in downloadable electronic book form at OxyMetrics.com, the book introduces the new technique and provides a plan for effective low-impact exercise.

Co-author Todd Wieland says the exercise program works with the body’s natural metabolism to burn calories and trim muscles. “OxyMetrics is an amazing exercise system,” Wieland states. “It combines deep breathing with isometric exercises in a natural, simple, and highly effective exercise program.”

“Oxygen,” according to Wieland, “is nature’s fat burning weapon. The human body ‘burns’ calories, the same way a campfire burns wood, by using oxygen. The more oxygen the body gets, the more calories and stored fat it burns. OxyMetrics uses natural deep breathing exercises to boost the metabolic fire.”

Meanwhile, increasing muscle tone also increases the metabolism. OxyMetrics integrates a low-impact isometric exercise program that builds strength safely.

According to Wieland, “isometric exercise is considered a safe way to build muscle without risking damage to bones and joints. It is also reliable, so reliable that NASA teaches its space crews isometrics so they can work out in space.”

“OxyMetrics is effective because it combines two powerful forces that are native to the human body. It is attractive because it is very easy to do and very low impact. It is ideal for those who are just getting started on an exercise program. And it requires no equipment, so it can be done at home,” Wieland says.

Wieland says his own experience, and the opportunity to work with co-author Sydney Johnston, motivated him to write OxyMetrics. “I had let myself get pretty far out of shape,” he says. “Not dangerously, but just out of shape.”

“I found out about a version of the OxyMetrics technique through Sydney and started doing the exercises. Within about 60 days, I was definitely in better shape. I had lost weight, I had gained strength and stamina. And most important, I felt terrific and was in much better health.”

“I got the chance to work with Sydney, who is an awesome Web entrepreneur and a great writer in her own right, (www.auctionknowhow.com) and it just came together beautifully. We’re very pleased with the book and believe that it’s going to make a big difference in people’s lives.”

“OxyMetrics,” the e-book teaches the technique and guides readers through the process of getting started and establishing an exercise habit. It can be purchased for immediate download at www.oxymetrics.com.

###