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STOTT PILATES® UNWRAPS THE SECRETS TO A GREAT BODY with **five** hot new workout programs and **three** new Gift Packs

FOR IMMEDIATE RELEASE

TORONTO, September 28, 2005 – STOTT PILATES, producer of the world's largest library of pilates home exercise videos, is pleased to announce the release of five all-new workout programs and three new gift packs, just in time for New Year's resolutions. The workouts share the latest applications of pilates exercise, in invigorating new routines to help participants lose weight, strengthen and tone their bodies and achieve a greater sense of well-being.

The DVDs, featuring Master Instructor Trainer and STOTT PILATES co-founder Moira Merrithew, are packed with bonus material including a chance to preview other programs, try the next level, or work out with music only.

Pilates brand leader, STOTT PILATES is also presenting three new gift packs combining new exercise programs on DVD with complementary accessories. Newly launching are a Toning Ball Gift Pack, Weight Loss Gift Pack, and Fitness Circle® Lite Gift Pack.

"A fit and healthy body is on everyone's wish list, yet a lot of people have trouble sticking to an exercise program," said Executive Producer and STOTT PILATES President and CEO, Lindsay G. Merrithew. "We're always striving to deliver consumers motivating tools they can use to achieve their mind-body fitness goals, and I think these are quite possibly our best programs to date."

The workouts draw on the scientifically based principles of STOTT PILATES, a contemporary approach to the popular stretch and strengthen exercise method. STOTT PILATES has been used by athletes, dancers and celebrities worldwide, including Karen Kain, Sharon Stone, Martha Stewart and Madonna.

The new products are as follows:



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Head Office	Manufacturing
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GIFT PACKS

The Secret to Weight Loss Gift Pack

An attractive toolbox to help people shed pounds sensibly, this gift pack includes two revolutionary Walking/Pilates workouts (The Secret to Weight Loss, Volumes 1 & 2), a six-week food plan/nutritional booklet, water bottle and bonus exercise poster. **SRP US \$34.99 | CDN \$39.99**

Toning Ball Gift Pack

Two soft, colorful 1 lb. weighted balls are contained in this pack along with the Amazing Tone DVD, a full-body workout to help sculpt strong, healthy muscles without building bulk. Bonus exercise poster also included. **SRP US \$34.99 | CDN \$39.99**

Fitness Circle Lite Gift Pack

A fun and effective way to tone up, this pack includes the Fitness Circle Lite, an all-new Fitness Circle Flow DVD to zone in on flab-prone areas, and a bonus exercise poster. **SRP US \$34.99 | CDN \$44.99**

NEW WORKOUTS ON DVD

The Secret to Weight Loss, Volume 1

including the Revolutionary new Walking/Pilates fat-burning workout

Master Trainer Moira Merrithew combines pilates and walking in this unique new workout designed to slim and firm the entire body. Perfect for those looking to lose weight safely and effectively without putting any undue stress on the joints. Suitable for beginners. **SRP US \$14.95 | CDN \$19.95**

The Secret to Toned Arms, Buns & Thighs

Work on those common trouble spots with the precision of STOTT PILATES. This targeted routine will lengthen and strengthen muscles so exercisers can gain greater tone, strength and body confidence. Suitable for beginners.

SRP US \$14.95 | CDN \$19.95

Power Paced Pilates

For those wanting a faster-paced pilates workout, this new routine will get the heart rate up with a flowing sequence of STOTT PILATES moves that will chase away holiday stress and energize from the core. **SRP US \$14.95 | CDN \$19.95**

Amazing Tone

This dynamic total-body workout will target and tone like never before, using soft, hand-held weights to maximize strength, definition and muscular endurance. **SRP US \$14.95 | CDN \$19.95**

Fitness Circle Flow

Moira can help kick-start a better body with this routine that will increase strength, flexibility and muscle tone while developing better posture and greater body awareness. **SRP US \$14.95 | CDN \$19.95**

To Purchase:

All products will be available at retailers nationwide on December 20, 2005 or can be ordered through STOTT PILATES by calling toll-free in North America 1-800-910-0001 or online at www.stottpilates.com

Attention Media:

High-resolution images of the aforementioned products are available at www.stottpilates.com/delivery/newOct05.

For additional images please contact Melissa Franco at 416-482-4050 x 248.

STOTT PILATES, a subsidiary of the Merrithew Corporation, is the only full-service organization of its kind providing high-caliber pilates education, videos and equipment worldwide. Founded in Toronto in 1988 by Lindsay G. Merrithew and Moira Merrithew, the company's mission is to promote the benefits of mind-body fitness worldwide. Visit www.stottpilates.com