



News Fact Sheet

Intel, Core Performance* Pump Up Health With High-Tech Fitness Equipment

Feb. 16, 2011 — Intel Corporation gave its employees the opportunity to improve their health by participating in a 14-week corporate wellness pilot program using high-tech fitness equipment from [Core Performance](#)* powered by Intel® Core™ 2 Duo processors. In conjunction with personal trainers, study participants exercised on CPro* strength and cardio equipment that prescribes the perfect workout to reach individual goal and fitness levels. At the conclusion of the program, participants saw an average loss of 14 pounds of body fat and improvements in other measures of health.

The impact of this engagement extends well beyond Intel, providing ability for corporations to quantify their wellness investments with tangible data on key metrics related to health care costs.

About The Study

A total of 150 Intel employees participated in the program, of which 75 served as the control group by participating only in the company's existing wellness program. Called Health for Life 3-Step Wellness Check, that program is provided by Intel with vendor support through Take Care Health Systems and Mayo* Health Solutions. The remaining 75 employees took part in both the existing Take Care program, a work-site health care center, and the Core Performance program.

Core Performance specialists started each employee's experience with a comprehensive assessment of his current health, including a functional movement test, a VO2 test, a goal-setting exercise and nutrition consultation. From there, the specialist loaded the individual's evaluation data onto "prescription engine" software and a personalized workout was generated for each employee every time he trained.

As part of Core Performance Program, participants trained three times per week on the CPro strength and cardio equipment in conjunction with personal training at the Intel Chandler Digital Fitness Center (CDFC). This group also had access to one-on-one nutrition consultations throughout the program.

Study Results

After 14 weeks, participants in the Institutional Review Board-approved research study achieved the following results:

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- A 6.03 percent decrease in body fat percentage
- Cholesterol reduction averaging 5.37 percent
- Average fat loss of 14 pounds
- Functional movement improvement of 23 percent (flexibility and agility)
- A 19.6 percent increase in VO2 capacity (measure of cardiovascular health and fitness)
- A 30 percent overall reduction in the number of individuals categorized as “at risk” based on their lipid profile¹

What does this mean?

This data has allowed Intel to better quantify the impact a comprehensive wellness program has on a sample employee population. The study also indicates that a comprehensive exercise and nutrition program that uses “smart” exercise equipment working in tandem with an existing wellness program delivers significantly higher success rates for employee health markers over a standalone wellness program.

About the Equipment

The CPro strength and cardio equipment is designed to simplify the workout by prescribing a personalized regimen built around an individual’s needs and goals. The CPro equipment automatically adjusts to an individual’s height while resistance changes to the prescribed level. The equipment also allows individuals to preview their workout and progress at their own pace, while tracking repetitions and power output, and recording the data to monitor progress. Similarly, the cardio equipment develops an individualized plan with target heart rates for each workout based on the person’s current fitness level.

About the Technology

Powered by, Intel Core 2 Duo processors, the CPro strength and cardio equipment combines sensing technology, human expertise, computing intelligence, graphics capabilities and remote management technology in an entirely new way.

The Core Performance training system consists of a networked server-storage solution, sensing technology and a digital screen attached to the automated training and cardio machines.

Intel® Xeon® processor-based servers connected to the fitness equipment provide the horsepower to crunch through Core Performance’s 33,000-rule prescription engine to tailor a program specific to an individual’s goals. The digital screen supports rich graphics capabilities, dynamic feedback and response and machine control.

Additional information about the fitness solution is available in the [Embedded Press Room](#).

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