

News Release

The Results Are In! Off-Road Vehicle Riding Is Good For Your Body and Soul

Toronto, Ontario, August 26, 2010 –The Canadian Off-Highway Vehicle Distributors Council (COHV) and its funding partners the All-Terrain Quad Council of Canada (AQCC), the Motorcyclist Confederation of Canada (MCC) and the government of Nova Scotia have received the first of four reports from York University, confirming that riding all-terrain vehicles (ATVs) and off-road motorcycles (ORMs) is good for your body and soul.

Jamie F. Burr, Veronica K. Jamnik, Jim A. Shaw and Professor Norman Gledhill at York University's Physical Activity and Chronic Disease Unit, Faculty of Health conducted the study. The purpose of the research -- to characterize the physiological demands of recreational off-road vehicle (ORV) riding under typical ORV riding conditions using habitual recreation ORV riders.

Study analysis of exercise intensity during riding revealed “approximately 14% of an ATV ride and 38% of an ORM ride are within the intensity range required to achieve changes in aerobic fitness. Riding on a representative course also led to muscular fatigue, particularly in the upper body.”

Jamie Burr, York University, Faculty of Health concluded, “On the basis of the measured metabolic demands, evidence of muscular strength requirements, and the associated caloric expenditures with off-road vehicle riding, this alternative form of activity conforms to the recommended physical activity guidelines and can be effective for achieving beneficial changes in health and fitness.” Jamie further added, “Off-Road Vehicle (ORV) riding is similar in aerobic demand to many other recreational, self-paced, sporting activities such as golf, rock climbing and alpine skiing.”

“COHV and its partners were pleased to learn that this first report confirms what ORV riders already know -- that being out on the trails is not only fun but contributes to individual and family well-being and physical fitness,” stated Bob Ramsay President of the MMIC. “This ground breaking, first ever comprehensive, scientific probe of the fitness and health benefits of ATV and ORM recreational riding proves that riding creates sufficient opportunity to stimulate changes in aerobic fitness and falls within the physical activity guidelines of both Health Canada and the American College of Sports Medicine (ACSM).”

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There is still more to come. As they are published, COHV and its partners look forward to reviewing subsequent sections of the study that will further assess the fitness and health characteristics (body composition, musculoskeletal fitness, aerobic fitness, back fitness, physical activity participation, lifestyle characteristics, health characteristics and quality of life characteristics) of this same representative sample of participants.

The COHV and its member companies: Arctic Cat, BRP (*Can-Am*), Honda, Kawasaki, KTM, Polaris, Suzuki and Yamaha are committed to family recreation and healthy, active life styles. We believe that the results of this study are a great resource to be shared with those who question OHVs as a healthy recreational activity.

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