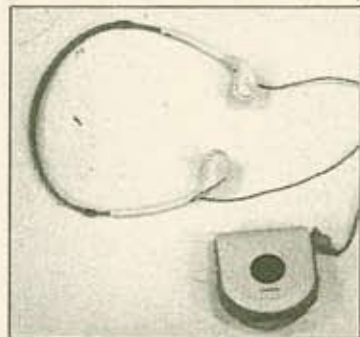


Exercise aids

Compiled by Brenda McHugh



Track Your Trek With Tunes: This pedometer from Brookstone (\$50) features a built-in FM radio and headset attached to a wrist monitor that precisely tracks steps, distance traveled, calories burned and length of workout. A flashing safety light tops this piece which runs on two AA batteries.

Photo by Peter Debe



Work Out At Work: No room in the house for exercise equipment? Brookstone's compact stationary bike costs \$99 and is small enough to stick in front of the television for your favorite show then store right back under the bed. Tuck it into your car trunk for travel. (Or keep one under your desk at the office for long telephone conversations.)

Photo courtesy of Brookstone

Sway and Strengthen: Ready for something really fun? Try an Indo Board. This simple device, originally created to help train surfers, skateboarders and skiers learn to balance their bodies, will help you tighten and tone in your own home. Play your favorite beach song and sway in rhythm. Indo Boards are available at surf shops (such as this one at Island Water Sports in Lake Worth) for approximately \$100.



Photo by Peter Debe



Total Conditioning: The Star Trac 5000 Thruster is a total-body-conditioning system that provides a fast circuit-style work-out. It allows for six strength exercises for all major muscle groups without weight stacks or cables. This model can be found at Sports Authority for \$2,670.

Photo courtesy of Sports Authority

No Excuses: No time to go work out? No money to join a gym? Put the kids to bed then relax with a regimen of Stott Pilates on one of three DVDs — "Stretches," "Fit" and "Challenge." In the morning, the kids can have their own exercise session with Elmo's "Happy Healthy Monsters." The DVDs retail for \$20 and can be found at Target stores or online at stottpilates.com or sesameworkshop.org.



Photo by Brenda McHugh