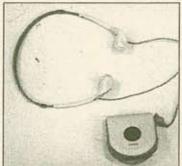
## **Exercise aids**

## 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

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.



Photo by Peter Debe

Indo Boards are available at surf shops (such as this one at Island Water Sports in Lake Worth) for approximately \$100.

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."



Photo by Brenda McHugh

The DVDs retail for \$20 and can be found at Target stores or online at stottpilates.com or sesameworkshop.org.



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



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