

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TODAY	WEEKEND
Beauty and cosmetics	Technology and gadgets	Food and beverage	Stuff for children	Active gear	Home and garden

Fit to be tried


New ways to improve your workout



iGALLOP

\$299

You'll be fit as a jockey when you get yourself an iGallop. Saddle up for a zero-impact workout that tones abs, back, hips, rear and legs. Available at Brookstone and online at brookstone.com.

 Compiled by Allison Hatfield/
Special to The Examiner



JUMPSNAP

\$60

A jump rope minus the rope? Yes, and it tracks time and jumps as well as calculates calories burned based on your height and weight. Now skip to it. Available online at jumpsnap.com.



TIMEX FITNESS SERIES

\$89.95

Keep tabs on your ticker. The first of Timex's new line of digital heart rate monitors has a zone trainer display, 27-lap memory chronograph, workout recall, calories burned and recovery heart rate. Available at Wal-Mart.



TALKING PEDOMETER

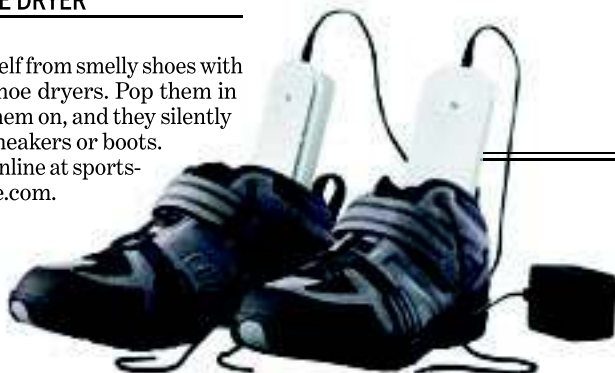
\$25

Pick it up, pal. This little gadget announces out loud how far you've run or walk, how many calories you've burned and how long you've been at it. Available at Brookstone and online at brookstone.com.

PEET SHOE DRYER

\$34.97

Save yourself from smelly shoes with portable shoe dryers. Pop them in and turn them on, and they silently dry your sneakers or boots. Available online at sportsmansguide.com.



TANITA BC-558

\$299.99

This is the fanciest scale you'll find. It measures weight, body fat, segmental body fat, body water, muscle mass, segmental muscle mass, basal metabolic rate, metabolic age rating, bone mass and visceral fat. Available online at thecompetitiveedge.com.



WIRELESS MP3 PLAYER HEADSET

\$84.95

You'll ditch your beloved iPod and make Otto's newest your running partner. The wireless MP3 player headset comfortably wraps around your head and plays your faves continuously for up to eight hours. Available online at hearotto.com.

STRESSERASER

\$299.95

You know you need a little calmness in your life. Work on it with a gizmo that eases your mind and relaxes your body by helping you focus on your breath. at The Sharper Image and online at sharperimage.com.

