

LIVING RIGHT

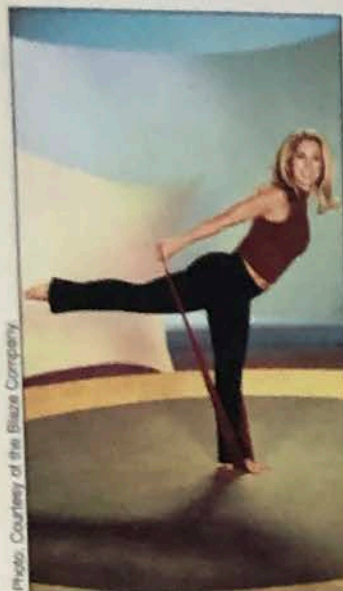


Photo: Courtesy of the Blaze Company.

Denise Austin: Pilates Powerhouse

If you want to do a little toning and tightening, fitness guru Denise Austin has your (limber and flexible) back with her new video, *Pilates for Every Body* (Artisan, \$14.98). Here are two stretches to try to get you going...

- **Beginner Hundred**—To strengthen your abs, lie on your back with your arms at your side, knees bent and in the air. Lift your shoulders and inhale. Press your palms down, and exhale five short breaths; turn your palms up and repeat with five inhales. Repeat 10 times.
- **Leg Pull Back**—To strengthen legs and buttocks, sit on the floor with your legs extended in front of you, resting on the palms of your hands. Contract your abs as you press into your palms, straightening your arms and body. Next, inhale and raise your right leg up. Exhale, slowly lower your leg and repeat with other leg. Repeat two more times.



SWEET FEET

Fans of Earth Brand Footwear, the über-comfy shoe line popular in the '70s, have a reason to celebrate—and so do their feet!—because Earth is back. The shoe company has launched a new version of the line, complete with the sunken heel design for increased body alignment that was Earth's trademark years ago. You can pick up your own pair of Earth shoes (sold for \$79 to \$119) at one of the retailers in your area listed at www.earthfootwear.com

Photos: Courtesy of Earth Shoes



Photo: Michael Snyder ©

"To me, all the action [in Planet of the Apes] was the fun part. It's so empowering to play an action hero."

—Estelle Warren, actress/model

Lovin' for the Ladies

Not only have the folks at Trojan created a new, specially ribbed condom to increase sexual pleasure for women, aptly titled the Trojan Her Pleasure condom, they've also been hitting the streets to find out what women want out of sex...

88% of women suggest different locations or positions during sex

37% of single women said they take the responsibility for carrying condoms

54% of all single females interviewed said they make the move when they want to have sex (you go get it on, girls!)



Photo: Courtesy of Omron

Pulse Perfect

It's not breaking news that experts suggest keeping your heart rate at a safe, steady level for 20 minutes to make the most of your workout, but how do you know when you've reached that level? Thanks to the new Omron HR-100C Heart Rate Monitor, workout enthusiasts can track their heart rates while biking, swimming, running or doing other aerobic activities. The monitor, which consists of a chest strap and a watch that gives a digital display of the wearer's heart rate, can be purchased for \$67.99 by calling 1-800-421-1223, or at one of the retailers listed at its Web site, www.omronhealthcare.com.



Cycle Time

Some women have gone beyond a leisurely bike ride through the woods... The women's Saturn Cycling Team was ranked No. 1 in the world last year and is speeding its way to the top yet again this season. Team members spend long hours practicing and compete in the U.S. and abroad on an almost daily basis. To find out more about the team and its progress throughout the season, check out its Web site, www.saturncycling.com



Photos: Courtesy of Saturn