

HEALTHYLIVING

Austin American Statesman statesman.com ■ austin360.com

MONDAY, NOVEMBER 29, 2010 ■ D3

Fitness DVDs

Pilates? Dancing? Core strengthening? You name it, there's a DVD for that. Consider Jillian Michaels' "Six Week Six-pack," Denise Austin's "Shrink Your Fat Zones Pilates," or, our personal fave, Dancing with the Stars' "Ballroom Buns & Abs." (\$10-\$15 each; various retailers)



Up Beat Workouts

Do your fans turn into slow-motion shuffles? Try the Up Beat Workouts app from iTunes, which automatically syncs your running stride to the beat of the songs on your iTunes stash. Run faster, and the app picks a song with a faster beat. Slow down, and it matches the more mellow tempo. (\$2.99; iTunes)

Cardio cheer

Continued from D1

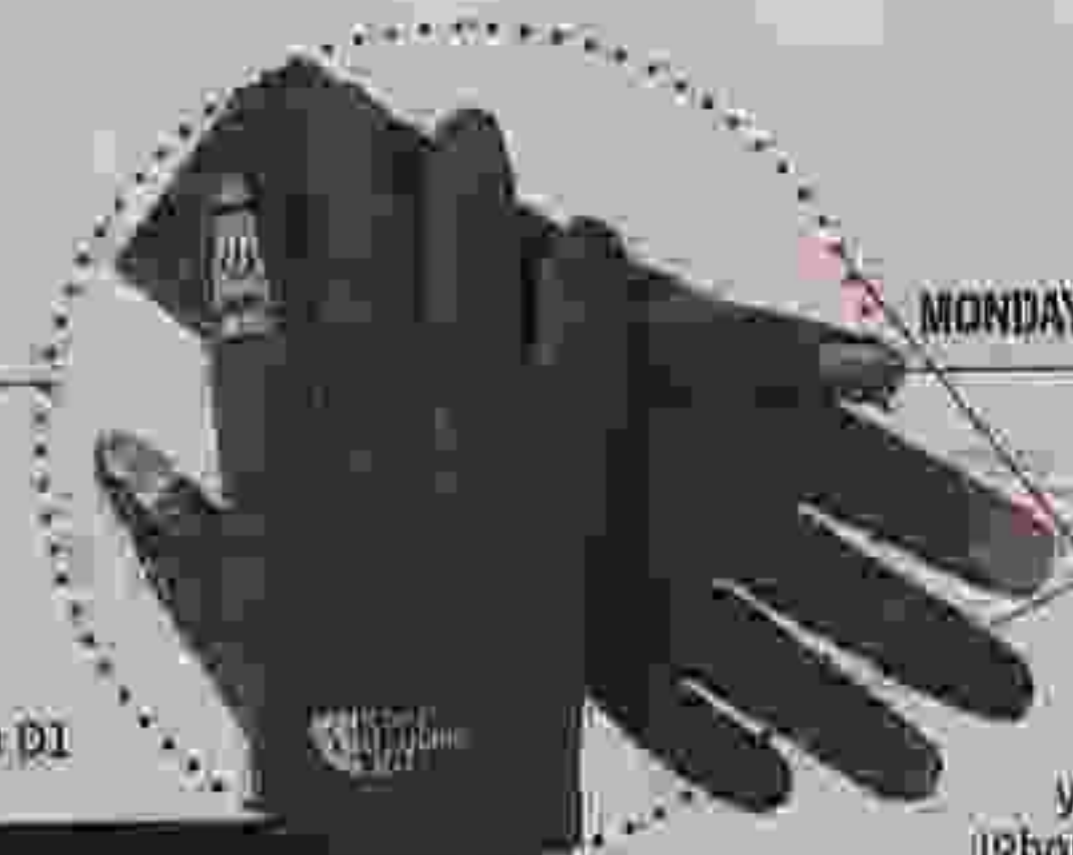


Nite Beams LED arm band

Strap this band on your arm, press the button and suddenly you're as visible as a neon sign on Route 66. The band can be worn on ankle or arm, set to solid or flashing, and comes in six different colors visible up to a quarter of a mile away. It's designed for runners, but suitable for cyclists riding after dark, too. (\$20; www.nitebeams.com)

Tikkins 2 headlamp by Petzl

Now that it gets dark early, you need lights to illuminate your way when you're trail running after dark. This compact, lightweight headlamp packs a bright punch, comes in assorted colors, and easily stows in a pocket. (\$20; Hill Country Running Co., RCI)



The North Face Ellip Smartphone Gloves

For those who have always wondered why you can't make your iPhone work when you're wearing gloves (and who hasn't?), we present these grippy gloves with silicone panels that let you use the touch screen on your cell phone, laptop or MP3 player. Never remove your gloves to answer calls again. (\$40; Backwoods)



Shabby Apple sports bra

Shabby Apple's Blossom line features an array of pieces designed to add a touch of femininity to workout wear. We love this sports bra emblazoned with a delicate bird. Snug, supportive and not too revealing. (\$22; www.shabbyapple.com)