

# RANCH & COAST

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## | BodyMind&Spirit |

### Exercise Indulgence

While Tiger Woods and Lance Armstrong may be getting a good workout in their careers, their affinity for a certain indulgence may also help contribute to their good health. Along with talk show host Craig Kilborn, these stars have grown attached to Sunlight Saunas which use cutting-edge technology to promote cardiovascular wellness and weight loss.

The Journal of American College of Cardiology reports that an infrared treatment in a Sunlight Sauna significantly lowers blood pressure and cholesterol. As if that's not enough, each 30-minute session burns 285 calories (as calculated by the increase in heart rate).

"Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles. Regular use of a sauna imparts a similar stress on the cardiovascular system. Its regular use may be as effective a means of cardiovascular conditioning and calorie burning as regular exercise," says the president of the *Journal of the American Medical Association*.

With sheer indulgence in mind, the new Armana series features a CD player with Blaupunkt speakers, a flat screen TV, and an MP3 circuit for PC and iPod stereo use. (877/292-0020, [www.sunlightsaunas.com](http://www.sunlightsaunas.com)) — Ann Radcliffe

