

USA WEEKEND

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**ThinkSmart: Living
on one income**
A first look at
Oscar contenders



GIVING CHARITY

This holiday season, Americans honor family and friends with presents that make a difference.

7 strong gifts

Look no further for the fitness lover on your list.



By
**JORGE
CRUISE**

HOLIDAY SHOPPING time is here, and New Year's resolutions are just around the corner. Here are some finds — ranging in price from inexpensive to serious investment — for getting motivated and fit.

■ **Can't get to L.A. to try the latest celebrity fitness trend?** Get the Budokon DVD by workout creator Cameron Shayne. Jennifer Aniston and Courteney Cox Arquette love this mix of martial arts, yoga and meditation for a serious workout. DVDs are available at budokon.com from \$14.99.



■ **Need motivation?** The Tanita InnerScan measures not only weight, but also body fat, bone mass and your metabolic age (how old your body acts, not just how long you've been alive). These are much better measures of fitness than weight alone: Lost pounds can be a bad thing if you're losing muscle and bone mass. The Tanita scale is within 2% to 3% accuracy of the gold-standard method of body-fat testing. It costs \$119.99; go online to tanita.com to find a retailer near you.



■ **Need personalized help?** Yourself Fitness offers an interactive personal trainer named Maya who can analyze your fitness level and help you set personalized goals, plan meals and schedule exercise. She can even lead you through workouts and will up the intensity as your fitness level improves. Available for Xbox, PC or PlayStation 2 from yourselffitness.com, starting at \$29.99.

Virtual trainer Maya helps you plan customized workouts.



A balance board can improve muscle strength and balance.



■ **Focused on core fitness?** To strengthen your core muscles and improve balance, try a balance board. It's a simple device — just a plank and roller. Once you master balancing on the board, use it with free weights to amp up your training routine. Find the Indo Board at indoboard.com; the original version starts at \$99.95.

■ **Want to tone your butt and thighs?** Nike's adjustable ankle weights are great for leg lifts, glute squeezes and quad extensions — and small enough to keep under your desk. Or, wear them when you power walk to burn extra calories. Find them at niketown.com for \$20.

■ **Need a post-workout sauna visit?** Speed up muscle and joint recovery and detox your system with Sunlight Saunas. These home saunas use infrared heat. That's the healthful part of sunlight that increases your blood flow, removes toxins and reduces inflammation and soreness. Visit sunlightsaunas.com; models start at \$1,895.



■ **Want to push your workout to the max?** The Precor S 3.23 Functional Strength Trainer provides a true functional workout, which is the hottest fitness trend. Instead of traditional strength-training equipment, which uses machine-guided motion, the user is in control, engaging core muscles in all planes of motion. At \$2,699, it's the ultimate home gym. Go online and check precor.com to find a sales rep near you. **TV**

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