

Fun to be

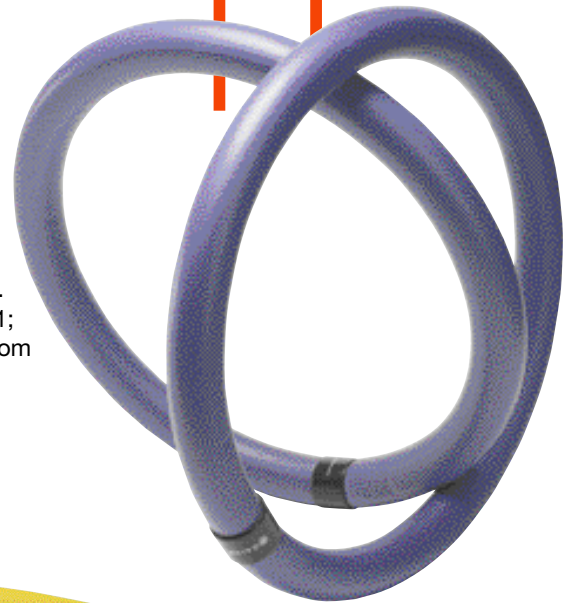
FIT

These innovative fitness products can add some excitement to your routine.

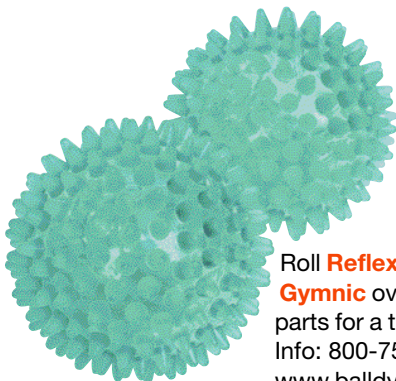


Strap these **Chango Balance Paws** to your shoes to strengthen your quads and calf muscles, or attach them to your hands for a more difficult push-up. Info: 888-556-7464; www.performbetter.com
Lotus Yogi Mat from **Wai Lana Yoga**, Info: 888-WAI-LANA; www.wailana.com
Capezio's Groove sneaker, Info: 800-533-1887; www.capeziodance.com

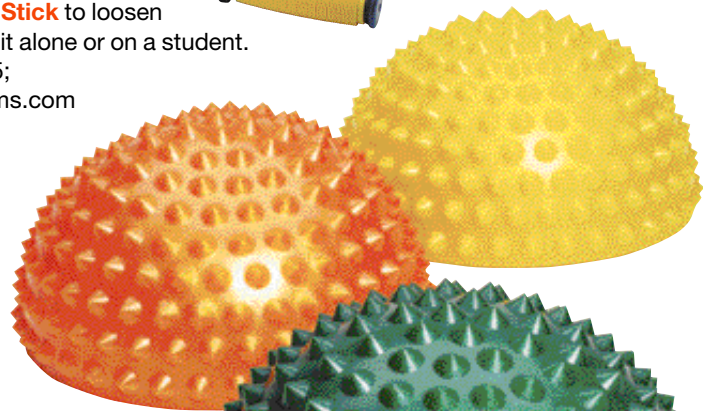
Tone your arms with the **Pilates bodycircles kit** by **Gaiam**. The kit includes a video and exercise instructions. Info: 877-989-6321; www.gaiam.com



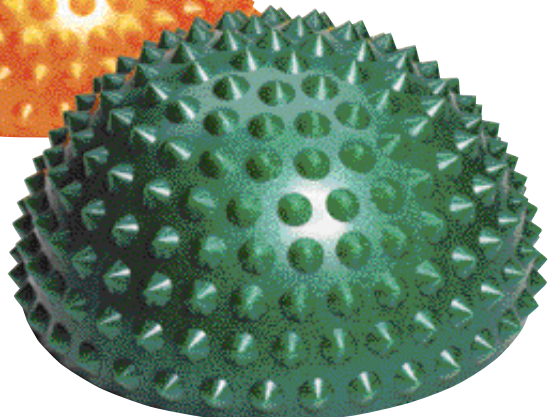
Use the **Marathon Stick** to loosen tense muscles. Try it alone or on a student. Info: 800-321-6975; www.power-systems.com



Roll **Reflexballs** by **Gymnic** over sore body parts for a tingly massage. Info: 800-752-2255; www.ballodynamics.com



Open the chest and stretch the back with the **Pilates Spine Corrector**. Info: 800-375-7520; www.staminaproducts.com



Arrange these **VersaSteps** in challenging patterns to develop balance and coordination. Info: 800-321-6975; www.power-systems.com

PHOTOGRAPHY BY NATHAN SAVERS