



NuMetrex Heart  
Rate Monitor  
Sports Bra

By **MATTHEW M. F. MILLER**  
CTW FEATURES

**Q**uality exercise doesn't require a lot more than a comfortable pair of shoes and a determined attitude. In today's fitness world, however, there's a gadget for everything - and every single one promises to help you monitor and perform at a higher levels.

From high-tech to no-tech, from tunes to safety, here are a few that actually will prove useful to boomers, seniors and everyone in between:

**1. NuMetrex Heart Rate Monitor Sports Bra (\$49.95)**

Named the 2006 Product of the Year by the Sporting Goods Manufacturing Association, this sports bra has built-in electronic sensing technology - perfect for anyone needing to closely (and accurately) monitor their heart rate during exercise. Electrodes are knitted into the bra, which allows for total comfort. A small transmitter in the front of the

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garment simultaneously sends your heart rate to any compatible heart rate monitor or fitness machine with an integrated monitoring device.

## 2. Road ID Bracelet (\$19.99)

Accidents and medical emergencies often happen while running, biking or swimming and when they do, time and knowledge are keys to survival. This comfortable, durable velcro bracelet is laser engraved with your emergency contact info on the front and a user ID number on the back, which allows first responders access to your medical profile. Manage your own online profile, which lists your current and past health conditions, allergies, surgeries and doctor contact information, as well as your medications and the doses you take. It even allows you to upload a picture for easy identification. It gives first responders the info they need to treat you the right way, which could save your life.

## 3. Reebok Easy Tone sneakers (\$110)

Walking enthusiasts looking for an added challenge – and improved muscle tone – look no further. These sneakers contain built-in instability pods that replicate walking on a sandy beach, which helps you develop better muscle tone in your hamstrings, calves and butt.

## 4. bodybugg (\$249)

Losing weight is a simple equation – every day you must burn more calories than you take in. Whether running or reading, this pocket-sized personal trainer tracks every single calorie you burn each day with 92 percent accuracy, as well as the number of steps taken daily. Every user receives one free private phone consultation with a fitness coach. The online component (free for six months with

bodybugg



purchase) offers expert advice, calculators to determine your progress and allows users to create, manage and celebrate their individual fitness goals.

## 5. BODiBEAT (\$299)

Music is an integral part of most people's workout routines, but finding just

the right tunes for your daily regimen isn't always an easy task. This mp3 player takes the guesswork out of music selection by automatically choosing songs that match the beats-per-minute of your walking or running. You can also pre-program tunes for interval workouts. And unlike the iPod, it automatically tracks your heart rate, distance, time

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and pace.

## 6. FINIS Lap Track (\$74.99)

Swimmers often get lapped by higher-impact sports when it comes to inventive new gear, but this device offers the finned among us an easy way to monitor workouts. Suction cup it to the pool deck and it tracks the number of laps you swim, split times and calories burned. An easy-to-read, large digital display makes it visible even with water in your eyes.

## 7. Fuel Belt 10K 2 (\$31.95)

For older exercisers, staying hydrated is of utmost importance. This comfortable, expandable belt has two water bottles attached to the sides plus reflective tabs that make you more visible on the road. A handy pouch in the front is a great place to store medications, bandages or a cell phone for emergencies.

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