

Smart ways to live well

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Prevention

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fitness

WALK IT!

Easy-to-Wear Pedometers

Studies show that pedometer wearers take up to 2,491 more steps a day—enough to lose 10 pounds in a year—but traditional step counters can be bulky and cumbersome to use. Here, 4 new pedometers that are streamlined and fashion-friendly:



THROW IT IN YOUR TOTE Get credit for steps when you're running errands—just toss the **Yamax Power Walker 611** (\$48; yamaxusa.com) into your purse and go.



SLIP IT IN YOUR POCKET A slim 3 millimeters, the **Sportline Shrink Pocket Pedometer** (\$30; sportline.com) is barely noticeable—even in fitted pants.



CLIP IT TO YOUR WAISTBAND The **Timex Ironman Wireless Fitness Tracker** (\$90; timexironman.com) transmits step counts to a watch for easy viewing.



AROUND NECK The **D-724 activity tracker** (\$35; theedge.com) comes with a clip. *by Gingerich*



SWAPS

YEARS OFF
Your Metabolism!

STAY SHARP
AND HEALTHY
FOR LIFE!

