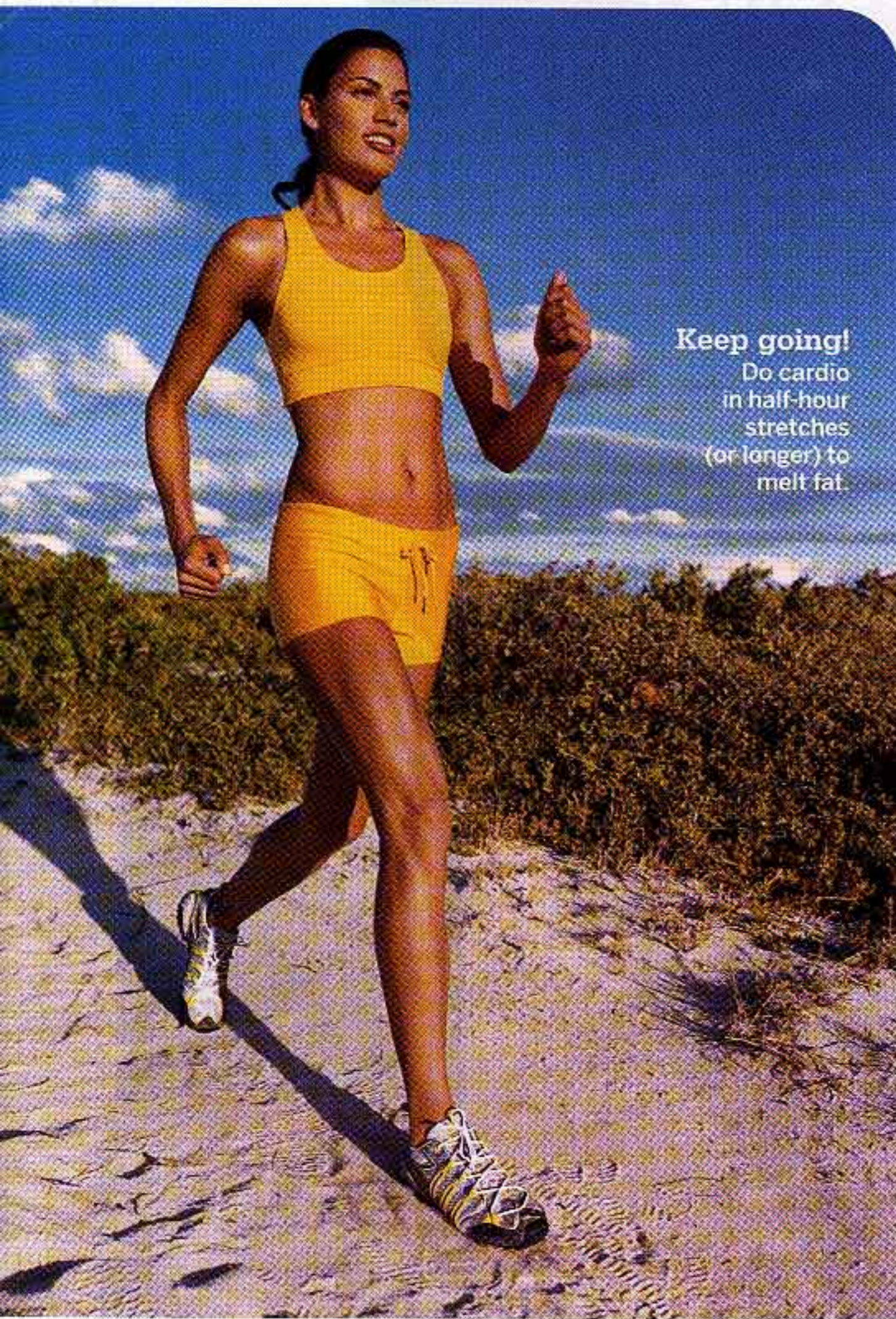


fitness update



Keep going!
Do cardio
in half-hour
stretches
(or longer) to
melt fat.

Get-slim trick



Workouts to go

No trainer? Plug one in!

You needn't pay a pricey personal trainer to count your reps and log your progress—you can do it yourself with a little high-tech help. Bally Total Fitness now offers members online virtual training, complete with an eating plan, through BallyNutrition.com (available to nonmembers as of July for \$12 a month). Log on via your PDA to input your reps. This isn't your only option. SELF tested some new programs that turn your on-the-go gadgets into fitness friends.



On your cell phone At UNC.2thumbz.com, five bucks gets you a no-frills, downloadable training log, step calculator or calorie tracker for the life of your cell. Our verdict: Dirt cheap, and the calculator is neat, but the log is more time-consuming than it's worth. **SELF says: C**

On your PDA Visit Handango.com and pay a onetime \$20 fee to download a training program good for the life of your PDA. Design your own aerobic and strength routines using drop-down menus, and write in extra exercises like squats or lunges. Automatically totals calories burned for cardio entries. Our verdict: handy for exercisers who have a routine to track, not for those seeking a plan. **SELF says: B**

On your iPod or MP3 player Get a trainer-led cardio workout for \$15 at CardioCoach.com (tunes at different tempos ease you in and out of intervals). Or download up to four routines (e.g., yoga and Spinning) for \$20 per month at iAmplify.com. Our verdict: Costly, but having an instructor talk you through each session is worth it. **SELF says: A** —*Andrea Dawn Clark*

