

Trade your desk chair for a stability ball for 9-to-5 ab firming.



## Wherever workouts

Sneak-it-in strategies that turn wasted time into active time

**TIME SUCK** You're a frequent flier.

**FIT FIX** Make the terminal your track. Last November, 20 percent of flights were delayed. Prepare now by loading your iPod with a walking workout at [iAmplify.com](http://iAmplify.com) (\$5 each) or toting *Travel Yoga* (Chronicle Books) by Darrin Zeer. Use your BlackBerry to check [AirportGyms.com](http://AirportGyms.com) for on-site health clubs. —Karen Asp and Amanda Pressner

proof it works: A study at the Mayo Clinic in Rochester, Minnesota, found that lean office workers tend to spend two and a half more hours on their feet than plump ones.

**TIME SUCK** You're a frequent flier.

**FIT FIX** Make the terminal your track. Last November, 20 percent of flights were delayed. Prepare now by loading your iPod with a walking workout at [iAmplify.com](http://iAmplify.com) (\$5 each) or toting *Travel Yoga* (Chronicle Books) by Darrin Zeer. Use your BlackBerry to check [AirportGyms.com](http://AirportGyms.com) for on-site health clubs. —Karen Asp and Amanda Pressner

## 8 smart moves for stronger bones

Calcium without exercise may not be enough to stave off osteoporosis. In a study at California State Polytechnic University at Pomona, sedentary women ages 20 to 35 did not increase bone density despite getting the RDA of the mineral. Get your calcium and bone up with these skeleton strengtheners.

**Upper body** Lat pull-downs and overhead presses are best for arms and upper back; rowing moves and the back-extension machine build the mid and lower back. This combo (three sets of 8 to 10 reps each, twice a week) raised density by 2 percent in six months.

**Hips** Squats and the leg-press machine (three sets of 8 to 10 reps each, twice a week) improved hip density by 1.6 percent in six months.

**Legs** Women who did Step classes three times a week saw leg bone density rise about 1 percent in six months. Impact is key, so jump rope for bone-us points. —Stacy Baker



### FLASH DANCE

If you miss '80s-style aerobics (c'mon, you can admit it), try *Dance Off the Inches: 15 Minute Express* (\$15; Anchor Bay), a real heart thumper.



### GOOD FOR MULTITASKERS

Tom Holland's *Total Body Workout II* (\$25; Razor Digital) provides a cardio and sculpting twofor with fast-paced compound moves. A sweatfest.

