

New!

NEWS
getfit



Pump up your workouts with an MP3 player.

get an assist from MP3

If the thought of upgrading to an MP3 player – which plays digital audio files – has your technophobic self running for your cassette-tape-playing Walkman, calm down and take a deep belly breath. Today's MP3 players – and the accompanying new software – are surprisingly simple to set up and use. (Worst-case scenario: You enlist your geeky brother-in-law for a 15-minute tutorial.)

Not only does the newest MP3 technology keep you bopping through your workout, it can also log your mileage, walk you through a sun salutation and make sure you're using proper form when you lunge or squat. Below, a cheat sheet on the newest fitness-focused players and downloads best suited to your needs.

>> iAmplify

(\$20 per month; *iAmplify.com*)

What it is A website that offers yoga, Pilates, strength-training and cardio routines that you can download directly to your MP3 player
What it does After you select your focus and fitness level and complete a survey about your goals, the expert trainer of your choice devises and instructs you through two to four downloadable routines per month; includes e-mail correspondence with your trainer if you have questions.

Best for Pilates, yoga, strength training and cardio (the latter is one unit that includes one body circuit, one cardio session and an upper- and lower-body strength-training routine)

What you need A PC or Mac and an MP3 player
Music Has background music for the workouts

>> **HighGear TrailAudio 256**
(\$180; *highgear.com*, 888-295-4949)

What it is A nearly weatherproof MP3 player, roughly the size of a small nutrition bar and headphones

What it does Keeps you jiving as you hike, snowboard or trail run, and, thanks to almost indestructible casing, continues to play even after the nastiest falls; includes a clip to attach to a backpack or belt loop

Best for Outdoor pursuits

What you need A PC or Mac and one AAA battery
Music Has a built-in FM radio and also holds eight hours of music, which you download yourself (The \$225 Trail Audio 512 holds 17 hours of sound.)

>> **Personalized Workout System MP3Gym**

(\$20; *mp3gym.com*)

What it is A CD, which you download to your MP3 player; a comprehensive manual with illustrations and directions for the CD's 63 exercises; illustrated logs for eight preset workouts

What it does Talks you through calf raises, one-armed rows and 61 other standard exercises (48 use weights; 15 use household items, like soup cans, or your body weight); three levels of instruction are available (pure technique, total motivation or a combination of the two); can mix and match exercises so you never have to do the same workout twice

Best for Strength training

What you need A PC or Mac and any kind of MP3 player
Music Soft-techno tunes in the background are provided on the CD. You can't swap in your own tunes.

– Dimity McDowell



HighGear TrailAudio 256

SHAPE GIVEAWAY!

One lucky reader will win a Nike-Philips MP3RUN. Log onto *nike-philips.com* by April 30 to enter!

Nike-Philips MP3RUN
(\$299; *nike-philips.com*)

What it is A cellphone-sized MP3 player, a speed and distance sensor (worn on your shoe), earphones

What it does Plays Madonna, Nelly or any other music that inspires you; with the push of a button, reports, via headphones, your pace, distance and time both during and after your workout; downloads easily onto a computer to analyze workouts; holds data from 200 workouts

Best for Running, walking

What you need A computer – PC or Mac – to download music and your workout stats, and one AAA battery
Music Download from your own CD collection or an online music store like iTunes. Holds 125 songs, in addition to an FM radio



Your pelvic pain is tough to diagnose. It's even tougher to live with. It may be IC.

Do you have:

- > pain or pressure in the pelvic area?
- > pain during or after sex?
- > more than two urinary tract infections a year?
- > frequent, sometimes painful urination?

Answer "yes" to any of these questions and you may have Interstitial Cystitis (or IC).

Millions of women may suffer from IC, or Interstitial Cystitis – a medical condition caused by the bladder wall becoming inflamed. But it's difficult to diagnose because its symptoms are similar to those of other conditions. Left untreated, the symptoms may get worse. Talk to your doctor about Interstitial Cystitis. There are prescription medicines available that can treat the condition. See hope where all you saw was pain.

Call 1-866-IC-INFO-1 or visit www.allaboutIC.com

ORTHO-McNEIL

Is there magic in every spoonful?

Could be. This sure is a crunchy, delicious way to start your day right.

WeightWatchers
Great taste. Good choice. Go for it.™

For more information and a valuable coupon, go to goodchoicecereal.com

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