

YOUR
WORKOUT
HERO:

You!

The motivation to push your body comes from within.

➡ It's not models, actresses, or spouses who spur you to exercise. According to a nationwide survey by Life Fitness, **82 percent of women say picturing their body leaner, stronger, and healthier is inspiration enough to get to the gym.** So the next time you need a little kick to get moving, imagine yourself looking your all-time best. Soon you will!

● **WIN IT** Life Fitness is giving one lucky reader a new F1 SMART foldable treadmill (a \$2,300 value), and two others a Body Shape Kit (a \$300 value), which includes dumbbells, resistance bands, a stability ball, and more! Go to shape.com/giveaways to enter.

* Stay inspired: Make your phone's wallpaper a sculpted pic of you.



OUR NEW FAVE DVD!

Absolutely Fabulous Pump energy into a boring abs routine with *Gorgeous Core* (\$15; amazon.com). Perky trainer Suzanne Bowen leads six creative workouts—ranging from five to 12 minutes—that give fresh twists on belly-firming planks, crunches, and more. Mix and match the sessions to create your ideal lineup. You have a whopping 720 possible combinations!

HOT TECH

Safe on the Run!

With daylight hours still in short supply, you're likely hoofing it in the dark. We've got the gizmo to keep you secure.

➡ Get peace of mind so you can really zero in on your workout with the new **ila SPORT** (\$35; delight.com), a palm-sized pedometer and calorie counter that also has a safety alarm. **If you find yourself face-to-face with a growling dog or trip on a curb and need to signal for help, simply press a button to activate a loud, high-pitched noise.** (Don't worry, it turns off with the flick of a switch.) The lightweight gadget also tracks your previous sessions' stats, so you can race to beat your best time.



● Carry the SPORT in your hand or clip it to your clothes.



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