

PATRICK (hottie!) DEMPSEY

# InStyle

SHINY HAIR  
Every Single Day

Hilary  
Swank  
In  
Love?

27 New  
Pants  
You'll Love!

Get The  
BODY  
You Want!

Inside The Year's  
Best Celebrity  
Weddings

PAGE 205

\$3.99US


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InStyle

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health stats, including metabolic age and body weight broken down by fat, water, muscle and bone. \$140; [www.thecompetitiveedge.com](http://www.thecompetitiveedge.com).



sports bra are made from activated carbon and coconut derivatives; together they repel moisture, suppress odor, cool your body and shield skin from UV rays. \$40; [championcatalog.com](http://championcatalog.com).

### Magic Beans

Indulge your sweet tooth (and get a hit of energy) before and after exercising. Sport Beans by Jelly Belly, packed with electrolytes and vitamins B and C, come in orange, fruit punch, berry blue and lemon lime. And at only 100 calories a bag, they won't sabotage your workout. \$1 for 1 oz. bag; [sportbeans.com](http://sportbeans.com).

# What's New in Fitness

The latest, greatest gear to get an all-star workout every time

by POLLY BLITZER



### Portable Personal Trainer

The world's smallest trainer fits in your shoe. Get in shape with the wireless Nike+iPod Sport Kit, which measures running time, pace, distance and calories burned. A quarter-size sensor sets into the sole of 28 styles of Nike sneakers and sends data to your iPod Nano. Need a boost? Push the center button of your Nano to activate a preselected "power song." For more oomph, download free DJ mixes or coaching sessions with Lance Armstrong (from iTunes). \$29 for sensor; \$29 for armband; \$100 for Nike Air Zoom+ shoes; [nikeplus.com](http://nikeplus.com); iPod Nano sold separately at [apple.com](http://apple.com).

## Burn Units

Desperate to get toned? **Eva Longoria** stays fit with Versa Disc, which she learned about from her trainer, Patrick Murphy. Standing on the air-filled cushions during squats and lunges forces abs, back, buns and legs to work extra hard to keep the body stable. \$20; [power-systems.com](http://power-systems.com).



Shake (15 calories, \$10 for 5; [amino-vital.com](http://amino-vital.com)). And Luna Elixir delivers antioxidants (50 calories, \$1; [drug.store.com](http://drug.store.com)).

## Skinny Mini

Add some swing to your daily jog. The stretchy, baby-soft fabric of this flattering, hip-skimming miniskirt wicks moisture, while built-in short shorts slim the tummy and thighs. *New Balance Bonita Run Skirt*, \$45; [newbalance.com](http://newbalance.com).



## Good Vibes

Fortysomething **Madonna** maintains her twentysomething bod with a vibrating Power Plate machine. The newest, most compact model, the My5, whips anything that wiggles into shape via vibrating plates that cause muscles from head to toe to relax and contract. Other reputed benefits: better posture, circulation and fat-burning. **Heidi Klum** and **Courtney Cox Arquette** also shake it up. \$4,500; [powerplateusa.com](http://powerplateusa.com).



## Happy Feet

Stars like **Felicity Huffman** and **Cindy Crawford** love gear from Canadian fitness design line Lululemon Athletica. These plush Women's Allstar socks contain naturally antibacterial fibers spun from bamboo and charcoal threads. \$6; [lululemon.com](http://lululemon.com) for stores.



taught on cross-training machines. \$20; at *Body & Soul* in L.A., 310-659-2211.



## Power Pilates One Shot

**Mandy Moore** and **Hilary Swank** target their core with boxing moves and trampolining. \$15; download at [powerpilates.com](http://powerpilates.com).



## Dove's Bodies

Got exercise ADD? **Sandra Oh** and **Sarah Chalke** stay svelte with hula hoops and cha-cha steps. \$20-\$25; at *Dove's Bodies* in L.A., 818-980-7866.



## Physique 57

Rigorous postures at a ballet barre target and tighten tummies, buns and thighs. Look out for **Sarah Jessica Parker**. \$30; at *Physique 57* in N.Y.C., 212-399-0570.



## Xflowsion

Set to live rock music, yogi **Eric Paskel's** class mixes dance, yoga and martial arts. **Shannon Elizabeth** and **Jessica Biel** jam here. \$50 for DVDs at [xflowsion.com](http://xflowsion.com).



## Indo-Row

**Estella Warren** takes classes featuring drills and timed races on rowing machines. \$35 for guest pass; at *the Sports Club/L.A.*, 310-473-1447. ■

