



Fit Forecast

fitness

Do It Now:

« Jump Off Pounds

Bring the hot new trampoline classes home with Urban Rebounding videos and DVDs from J.B. Berns (\$19.95 each). They're a great alternative to your traditional cardio workout, burning 260 calories in 30 minutes. According to a study by the Hospital for Special Surgery in New York City, just three 20-minute sessions a week improve balance and coordination by 70 percent. To order a mini trampoline and the DVDs, visit urbanrebounding.com.

■ **Park It!** If your destination is within walking distance, put down those car keys. A new study published in the *American Journal of Preventive Medicine* found that every 30 minutes spent in a car each day increases your likelihood of becoming obese by 3 percent—the average participant spent more than an hour a day behind the wheel! For every half hour of walking, you decrease your odds by 5 percent.

■ **Run for a Better Sex Life** Now there's proof that taking to the treadmill improves your action between the sheets. According to *Run for Life* by Sam Murphy (The Lyon's Press, 2004), 40 percent of women who ran for exercise reported greater arousal, 31 percent had sex more often and 25 percent found orgasm easier to achieve.

The forgiving surface of a trampoline absorbs 87 percent of shock, which reduces your risk of injury.

