

People STYLE WATCH

5 Ways to... KEEP YOUR FITNESS RESOLUTIONS

Don't give yourself a hard time—
use this gear to give yourself a hard
body instead



1 GET AN MP3 PLAYER WITH MUSCLE

This armband-mounted player not only tracks distance and calories, it also senses tempo, automatically switching between playlists to match your intensity.

• Sony S2 Sports Walkman, NW-S203F, \$119.95; sonystyle.com



2

RETUNE YOUR PLAYLIST

Work out to Nelly Furtado's training tracks
 "S.O.S.," Rihanna
 "Maneater," Nelly Furtado
 "Temperature," Sean Paul
 "Give It Up to Me," Sean Paul
 "¡Atrévete!," Calle 13
 "No Hay Igual," Nelly Furtado
 "La Tortura" (reggaeton remix), Shakira with Alejandro Sanz
 "Rompe," Daddy Yankee
 "Banquet," Bloc Party
 "Feel Good Inc.," Gorillaz
 "Baby," Daniela Mercury
 "Sunday Morning," K-Os
 "Saukrates Season," Saukrates
 "Lovestoned," Justin Timberlake



3 PUT YOUR HEART INTO IT

Wear your heart rate on your sleeve with this wristwatch cardio monitor and coach. It receives data wirelessly from the chest strap (above) that can be downloaded onto your PC so you can track progress. The program even prescribes a training regimen to keep you working toward your goal.

• Suunto T4 Heart Rate Monitor, \$199; suunto.com for store info



4 GO BY THE BOOK

Exercise your mind as well as your body with these mini audio books, which are about half the size of a deck of cards and come complete with headphones. Choose from more than 300 titles.

• Playaway Digital Audio Book, \$29.99 and up; store.playawaydigital.com



Reebok Premier nylon fly jacket, \$90; 800-843-4444 for store info; rbk.com



Reebok Pulse Scented nylon-Lycra-blend short bra top, \$40; 800-843-4444 for store info; rbk.com



Reebok Premier spandex-blend tights, \$115; 800-843-4444 for store info; rbk.com

LIQUID ASSET

Everyone agrees hydration is key to a healthy workout, but how much of a good thing is enough? This high-tech bottle calculates your needs and tracks your intake to make sure you don't run dry.

• Hydra Coach Intelligent Water Bottle, \$30, available in orange (shown), blue and smoke; hydracoach.com



5 SMELL AS GOOD AS YOU LOOK

The bra emits a clean peppermint scent as your body heat rises, while the Premier jacket and tights keep you looking as fresh as you smell.