

Season's Slimmings

Power hours, turkey trots, food swaps—here's your get-fit fix this month.

By Karina Timmel



Power Through It
Thanksgiving feast? What Thanksgiving feast? A few Power Hour classes at **Bien-Aimé Strength & Stretch Studio** on Tuesdays and Thursdays at 6:30PM and it'll be like that holiday gorge never happened—just one trainer, five other participants and you, giving weight gain the bird with core-based strength-training and long-and-lean muscle stretches. *Grant Park, \$10 per class, @ulrickbienaime*

KITCHEN AID

Whip up a healthier holiday spread with these essentials.



Steam Machine

Take the **Tagine** by Sophie Conran for Portmeirion from oven to table to nurse slow-steamed, juicy meats—no muss, no fuss. \$50, *Bed Bath & Beyond, @portmeirionshop*

Homemade Snacker

Keep the troops happy with the **Top Chips Maker** by Mastrad—it makes crispy, fat-free crunchies in minutes. \$30, *Sur La Table, @mastrad*

Separation Propriety

See ya, greasy gravy—the **Green Fat Separator** by OXO lets fat rise, but then strains that bad boy out. \$15, *Crate & Barrel, @crateandbarrel*



That's how many fewer calories are in a Southern Florida-grown **SlimCado** compared to a California-grown avocado. Holy (healthier) guacamole! *Publix*

Row, Row, Row Your Boat

Ah, the rowing machine mantra at **Rowbot Fitness**, where 60-minute sessions put 16 coxswains and scullers through speed and distances drills, at varying intensities of the sweat-drenched head variety. First-timers burn up to 600 calories (1,000 once you actually know what you're doing). What the...? That's right—owner Charles Anderson shed 70 pounds in eight months jumping on this bandwagon. Get on board—the first class is free! *Smyrna, \$25 for single class, @rowbotfitness*



SNOW ANGEL

Look dope on the slope with this **Essentials padded jacket** by Stella McCartney for Adidas. The cropped shell sports primo breathability while shielding your bod from wind and rain. Plus, it's totally multifunctional, with a detachable fleece liner for after-hours at the lodge. Hot toddy, please! \$300, *DEKA Atlanta, @dekaatlanta*



Eat This: Spaghetti squash has 31 calories per 100 grams. A good source of fiber (2 grams per cup), vitamins C and B6, manganese and other nutrients, it fills you up fast, with just a few calories.

Not That: Regular spaghetti pasta contains 131 cals per 100 grams. High in carbs, low in nutrients and devoid of fiber, it takes a large serving of white pasta to satisfy most people. —Ilana Katz, M.S., R.D., L.D., *Optimal Nutrition for Life, @ilanakatz*

Abs by App!

The **SworKit** app only asks two questions: *How long do you have to workout?* and *What body part or yoga sequence will it be today?* Behold, a randomly chosen circuit training, or a full yoga routine. No boredom; no user account; no equipment; no gym (affirmative on the hot body, though). SworKit, girl! *Free, @sworKit*



Turkey Trots

Take your mark at one of these Thanksgiving runs!



2012 Atlanta Half Marathon and Thanksgiving Day 5K, Turner Field, Nov. 22, 7:30AM, *atlantahalfmarathon.org*

Sugarloaf Country Club Third Annual Thanksgiving Day Turkey Trot, Duluth, Nov. 22, 9AM, *wccccharities.org*

Tryptophan Long Trot Half Marathon & Five Star 5K, Cumming, Nov. 22, 7:30AM, *fivestartmp.com*

Tenth Annual Gobble Jog, Marietta, Nov. 22, 8AM, *gobblejog.org*

Run Off The Turkey Half Marathon, 10K & 5K, Lawrenceville, Nov. 25, 7:30AM, *deborahmontgomeryracing.com*

Rec League

Hey, you, get a pair!

MVP Sneaks

LEBRON X+ men's basketball shoe by Nike
Don LeBron James' first signature b-ball shoe, featuring Nike+ technology to track performance and a lock-down fit, with major cushioning. But, no, you're never going to dunk like King James—so just stop it already. \$270, *at nike.com, @nikestore*



Touchdown Toes

Adizero 5-Star mid cleats for men by Adidas
Your only hope of chasing down the Atlanta Falcons' Michael Turner is in Adidas' lighter-than-ever cleats. These sprinters have serious game. \$115, *Foot Locker, @adidas*



Sensory Experience

Lunar Hyperworkout+ Sport Pack women's training shoe by Nike
With built-in sensors, designed to capture jumps, steps and reps in real time, these trainers will measure your many moves. \$220, *NikeStore, Lenox Square, @nikestore*



Soccer Savant

Men's GT2 Pro FG by Umbro
Aerospace-grade engineered aluminum studs for easy maneuvering, lightweight heel support, forefoot flexibility—sounds like a real ball buster. \$164, *at soccer.com, @umbro*



Shock Value

RX Runners by Aetrex
It doesn't get more comfy than these cool runners, with podiatrist-designed insoles that reduce pressure and shock. Hey, if the foot doc is sporting them, well... \$130, *Big Peach Running Co., @aetrex*



Max Mileage

GEL-Kayano 19 by ASICS
Go the distance in ASICS' latest, featuring breathable four-way stretch mesh and a memory-foam heel to reduce friction. \$150, *Phidippides, @asicsamerica*



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