



NUMBER CRUNCHES

Indoor Exercise

Don't let the winter chill put a freeze on your workout regimen.

2030

The year that half of the American population will be inactive, according to a new report from The American College of Sports Medicine, Nike Inc., and The International Council of Science & Physical Education. There's no time better than now to hit that treadmill. designedtomove.org

50%

How much you increase your calorie burn by simply standing versus sitting. It may be time to buy that new drafting table-style desk. What you burn up in the bank to buy the new desk will be more than worth it with the calories you burn up by standing.

—SHIRLEY ARCHER, FITNESS EXPERT AND AUTHOR OF *FITNESS 9 TO 5: EASY EXERCISES FOR THE WORKING WEEK*

30%

How much men increase their risk for advanced prostate cancer when they eat 1.5 servings per week of pan-fried, red-meat hamburgers. That's according to research from the University of Southern California and the Cancer Prevention Institute of California. Get your beef fix by oven-broiling a steak, which cooks slower and seems to reduce carcinogens. cpic.org/news.usc.edu

► Insider Info

Warm up to killer indoor classes and gear this winter. | By Karina Timmel |

Even here in Georgia, when the temperature drops, a warm bed and a snooze button can seem like a much better idea than an early-morning jog. But don't let the cold weather get in the way of staying fit. Whether you've considered a gym or just working out at home, the importance of maintaining a healthy lifestyle can't be overstated. We'll help get you started with our guide to indoor exercise.



STUDY UP

An Apple a Day... A natural substance found in apple peels will pump (insert hand smack) you up. This must-have muscle food, according to a recent study in PLoS One, may increase your strength by changing levels of hormones related to metabolism, which helps boost muscle mass. Flexing is encouraged. plosone.org

Get the Gear

Everything you need to keep active throughout the winter, so you'll look good in the spring:



1. Spin Master

Move the spin class to your home.

RealRyder's unstationary stationary bikes are revolutionizing indoor cycling with the ability to lean and turn just like their outdoor counterparts. All that body shifting means you'll burn more calories than a plain-old upright cyler by targeting more muscle groups. \$1,995, realryder.com

2. Well Heeled

Just like you intend to, **ASICS' GEL-Kayano 19** newest release dropped weight, and got a heel-to-toe makeover. The men's running shoe now weighs a mere 10.9 ounces, boasts an airy four-way stretch mesh for a more accommodating fit and a heel with two layers of memory foam to hold your heel securely. \$150, [Phidippides, 1544 Piedmont Ave., phidippides.com](http://Phidippides.com)

3. Take a Sigg

Your water bottle sidekick just got cooler. **SIGG's** new totally leak-proof **Active Top Bottle** hands you control of your beverage's flow, avoiding any low-flow or overflowing gulps. The super-lightweight container is completely BPA and phthalate-free, and offers

convenient cleaning with a pop-off top. Plus, its aluminum body is completely recyclable at the end of its life. \$25-\$27, [Whole Foods](http://WholeFoods.com)

4. Pipe Down!

Go tubing in the comfort of your own home. Nah, there's no water involved—**ViPR** (pronounced viper) is a virtually indestructible, three-foot-long rubber tube and one heck of a workout tool. Designed by a kinesiologist in the U.K., the strength-training "log" works your full body with each movement. The result: balance, agility and core strength. \$160-\$3,281, depending on size or pack, performbetter.com

5. Watch It, Mister

Every smooth operator needs something to keep them on track. Run toward the GPS-powered **Nike+ SportWatch**. Now in funky new color combos, the high-performance ticker keeps count of things like your average pace, distance, heart rate and calories burned on its backlit LCD display. It also sports run reminders and inspiring messages before and after every run. A personal running coach, basically. \$169, [Dick's Sporting Goods](http://Dick's Sporting Goods.com)

Hit the Gym

Don't wait for New Year's Day to make fitness a priority:

DIFFERENT STROKES

Water? Who needs water? The recently opened **Rowbot Fitness** in Smyrna shows you how to row your boat to burn between 600 and 1,000 calories in only 60 minutes—how owner Charles Anderson shed 70 pounds in a mere eight months. Think spin class, where you go through speed and distance drills in different intensities, but substitute indoor rowing equipment (aka ergs) in for stationary bikes. Every time you take a stroke—an estimated 26 per minute—you'll use your entire body strength, which, while you'll feel the burn for sure, actually has a low impact on your joints. You've got a handle on it now. \$25 for single class, rowbotfitness.com



CULT OPENING

We know how you CrossFit fans like a tryout—now there's a new gym to hit in Vinings, and the first visit is on them. **CrossFit Resurgens** isn't messing around. With 3,800 square feet of space, there's plenty of room to move without bumping shoulders. The intense 20-minute workouts combine sprinting, rowing, climbing rope, gymnastics rings, flipping tires, weightlifting and box jumps, among other things. Your muscles ache just thinking about it. \$150 for unlimited classes, crossfitresurgens.com