



**1** **Newton Gravitas Shoes (\$175)**  
[www.newtonrunning.com](http://www.newtonrunning.com)  
 Designed to mimic the advantages of running barefoot while also encouraging ideal running form (your forefoot, not your heel, strikes the ground first), these ingenious shoes help you avoid injuries and maximize running comfort. Highly breathable mesh fabric and technologically advanced features let your feet breathe a sigh of relief.

**2** **Pilates Body Kit With Brooke Siler (\$23)**  
[www.pilates-studio.com](http://www.pilates-studio.com)  
 Pilates is a terrific way to bring out the best in your body. This kit provides easy-to-follow instruction in mat-style Pilates from Brooke Siler, one of America's most respected instructors (and this month's cover subject). It includes flashcards, two audio CDs and a workbook. A great at-home complement to your Pilates classes.



**3** **Zojirushi 6-Cup Rice Cooker and Steamer (\$60)**  
[www.zojirushi.com](http://www.zojirushi.com)  
 A good rice cooker can take a lot of the stress out of a late-start dinner. This high-quality Japanese model rapidly makes rice to perfection (you can prep the rest of dinner while it cooks) and also comes equipped with a handy steam tray for veggies and fish. For best results, follow the water-to-rice ratios recommended on your rice package, not in the user's manual.



**4** **Gaiam Yoga for Beginners Kit (\$30)**  
[www.gaiam.com](http://www.gaiam.com)  
 Yoga is the ultimate stress transformer. Whether you're curious to try yoga or are a class veteran looking to start a home practice, this kit provides everything you need for daily yoga. It includes a mat, yoga block and strap, plus a CD featuring two full workouts and prop training.

**5** **Philips Sonicare Rechargeable Toothbrush (\$104)**  
[www.sonicare.com](http://www.sonicare.com)  
 This self-timed electric brush removes the gumline gunk that lackluster manual brushing leaves behind. There's even a "whitening speed" for front teeth that helps you remove stains — and keep them off — without relying on chemical bleaching.



# Easy Does It

Appealing products that make healthy choices supremely convenient.

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