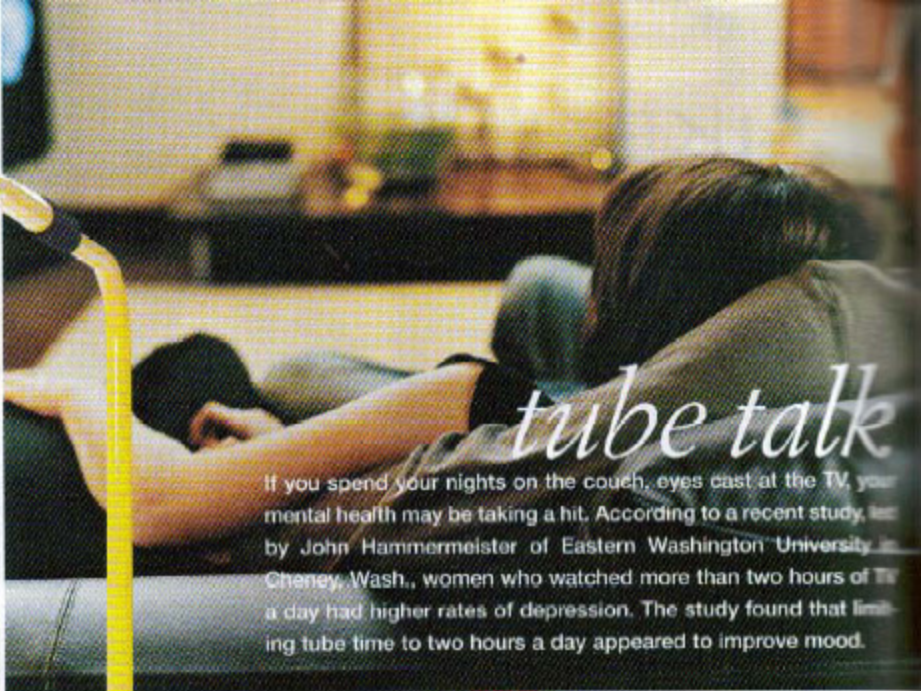


two tone

Same old gym equipment getting you down? The Lebert Equalizer may help revive your workouts. Created by Canadian personal trainer Marc Lebert, the two portable lightweight bars are popping up in fitness clubs and home gyms across the country.

The Equalizer uses your own weight as resistance and helps you target your triceps, abs, chest and back muscles. Use it for push-ups, leg raises and bicep curls, too. \$99



tube talk

If you spend your nights on the couch, eyes cast at the TV, your mental health may be taking a hit. According to a recent study, led by John Hammermeister of Eastern Washington University in Cheney, Wash., women who watched more than two hours of TV a day had higher rates of depression. The study found that limiting tube time to two hours a day appeared to improve mood.

HORMONE HOROSCOPE

Understand your menstruation cycle's ups and downs better with *28 Days: What Your Cycle Reveals About Your Love Life, Moods, and Potential* by Gabrielle Lichterman, \$22. Select the day you're on in your cycle and use this hip and easy-to-read guide to take advantage of that day's hormonal strengths and weaknesses: you can expect to be brimming with optimism on Day 2 and revved up for red-hot sex on Day 24. (And don't forget to do your breast self-examination on Day 7!)



OXYGEN BOOST

Doing laps just got comfier. The midsole of the Nike Air Max 360 has been designed with 360 degrees of pure air cushioning instead of foam. After 300 miles, a traditional midsole compresses by up to 40 percent, but Nike's new number promises to feel as plump as when you first lace it up. Here's to catching some air on your next run. \$230



SLEEK STELLA

From poolside to courtside, tap into Stella McCartney's new duds this season—sporty looks she designed for Adidas. (Russian tennis newcomer Maria Kirilenko is already donning the new line of court gear.) For the racquet scene, there's pleated skirts, fitted polo shirts and layered tennis dresses; for beach lovers, check out the bikinis and flip-flops in juicy colours. And if running is more your speed, try Stella's other sport lines for Adidas, with irresistible items such as the hoodie tee. \$90-\$400.

