



green living

BLAST CALORIES WHILE YOU GIVE BACK

Want to feel the sun on your face, shrink your waist, and help the environment? Give one of these eco-friendly activities a try.

👉 **Team up with Grand Canyon Trust Volunteers** on a free six-day backpacking trip to remove invasive trees from the banks of the Paria River. You'll work your entire body and burn 500 calories per hour. Go to gcvolunteers.org for information.

👉 **Take to the woods with the American Hiking Society** on a week-long vacation in a state or national park (\$245, including lodging and meals; americanhiking.org). Between hiking and clearing paths, shoveling and repairing walls, you'll work off 480 calories an hour.

👉 **Give the seafloor a sweep during the Ocean Conservancy International Coastal Cleanup.** On September 20, volunteers will scuba dive for debris—torching 240 calories per half hour in the process. For information, visit oceanconservancy.org.

👉 **Gather your pals for a day of canoeing for the American River National River Cleanup.** Log on to americanrivers.org and you'll get free bags to collect trash that ends up in our waterways. Bonus: Paddling ticks away more than 200 calories per hour. —M.S.

Plan to spend your next vacation helping the planet

SHAPE tested

our favorite new home workout tools

We sorted through the latest exercise products that promise to work your entire body and found these two top picks.

The Lebert Equalizer (\$99; lebertequalizer.com) comes with two 8-pound, 29-inch-high metal hurdles, a DVD, and a poster of moves. You use the hurdles to work your arms, chest, back, and core, as well as to do cardio.

WHAT IT DELIVERS The bars are good for dips and push-ups and to jump over for cardio, but they're awkward to lift for other sculpting exercises.

Workout 180 (\$200; workout180.com) is a balance board with seven resistance bands, snap-on handles, foot attachments, and a square base. It also comes with a DVD. **WHAT IT DELIVERS** With 180 ideas for strength and stability exercises, you'll never get tired of this board. When you attach the flat base (as shown) it becomes stable so you can use it for bursts of cardio (for example, step-ups). —M.S.



got a gripe about a class?

We're not ones to complain, but...an informal survey of *Shape* staffers revealed several concerns about fitness instructors. One example: "I hate it when the group-cycling instructor doesn't tell the class what's coming, so we don't know how to pace ourselves."

To get the workout you deserve, speak up! "Most instructors are open to hearing feedback," says Stephanie Vitorino, a fitness manager and instructor at the Enox Fitness Club in Westwood, California. "Chat with your teacher after class. If she doesn't help, fill out a comment card, talk to the manager." —M.S.



A teacher should help, not hurt