



LONG, LITHE BODY

● Imagine a workout that combines yoga, gymnastics dance, swimming and tai chi. It's called **gyrotonic**. The low-impact exercise improves posture, strength and coordination, and especially benefits those recovering from injuries or suffering from achy muscles and tight joints, says Young-ah Kim, a US-based gyrotonic master trainer. After one class, we were walking taller and feeling lighter than ever. Book a free trial at The Moving Body (www.themovingbody.com.sg).

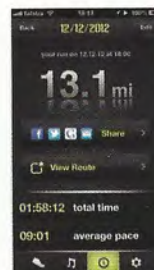
Attention, please

APPS TO KEEP YOU FOCUSED WHILE YOU EXERCISE.



TIME IT If you're easily distracted by the gym TV or a cute guy doing squats, **Timewheel** (US\$3 or S\$3.80; www.itunes.com) puts you back on track. Enter the number of

resistance exercises you have on tap – or how long you're going to do cardio – and the length of your intervals and rest periods. Then listen up for the beeps that signal the end of each round and the session. Watch the seconds tick down and keep those eyes on the fit-body prize.



RHYTHM METHOD Maintaining your target pace just got easier – and more fun. The **Cruise Control** (US\$5, www.itunes.com)

pulls songs with exercise-worthy BPMs from your iPhone's library and adjusts the tempos to match the goal you input. Then, synchronise your steps to the beat and get ready to rock that training run.



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NUTRIENT RICH FOR THE TIME POOR

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