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MAGAZINE

← Oprah →
from working out
to stepping out

Use It

- **The Fitness Challenge** game is motivation in a box, a diversion to help you and a friend raise your workout quota. Patterned after a board game, it hangs on a wall to remind you to exercise. You pick your own exercises and choose your own rewards, which could include a movie, a trip to a day spa, or any other prizes the game suggests.
- Fuse a new beat into your workout with the **Kukuwa Dance Workout** videos and DVDs, which combine Latin, African, and Caribbean music. Kukuwa Nuamah, a dancer and fitness instructor from Ghana, leads the routines: Find them at lacd.net.
- Your iPod (or any MP3 player) turns into a personal



Brassica tea is loaded with antioxidants.

trainer when you load it with **MP3 Gym** (mp3gym.com). For a one-time fee of \$20, you get two or three levels of workout intensity, more than 60 anaerobic exercises (from floor moves to bench exercises to free weights), eight preset routines, and printable gym manuals and

illustrated routine sheets.

- Scientists at Johns Hopkins have created a tea spiked with the same cancer-preventing antioxidant present in broccoli, and its creators claim the extract they use is as effectively absorbed from the tea as it is from the little green florets. (They do point out that the tea shouldn't replace fresh produce.) **Brassica Teas** (\$5) are available in eight flavors and can be found at brassica.com and at natural-food stores across the country.
- Kimberly-Clark recently released an **antiviral Kleenex**. The tissues contain an extra layer with citric acid and sodium lauryl sulfate, designed to help kill cold and flu viruses.

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\$3.95 US/\$5.50 Canada