



Kinesys sunscreen spray is the no-sweat solution to sunny workouts.

# Gizmo expo

Trendy exercise goodies provide workout for the wallet as well

By R. J. Ignelzi, STAFF WRITER

**F**itness is more than toned abs and tight glutes. It's also lots of gadgets and gizmos. Things that promise to make you stronger, slimmer, faster and firmer. While some of them offer more hype than healthy benefits, all are fun to peruse.

A couple of hundred of these workout widgets were evident at the Idea Fitness Expo, held recently at the San Diego Convention Center. The exposition attracted hundreds of fitness professionals from all over the world. Here are some of the more innovative products on display.

**THE SWOPPER (Aeris USA, \$599 to \$700)**

The problem with sitting still is exactly that—stillness. Sitting in motion is a healthier idea, say the makers of the Swopper stool.

A backless, cushioned seat mounted on a thick pivoting spring, the Swopper makes you work at staying upright. Balancing on the pedestal is supposed to help strengthen abdominal and back muscles as it forces you to sit with nearly perfect posture.

The Swopper allows body movement in all directions—hip rotations, leg extensions and pelvic tilts—while sitting at a computer, desk or dinner table. The only thing that may tip you over is the price.

[www.fitter1.com](http://www.fitter1.com) or (800) FITTER1. Or through Aeris USA at [www.aerisusa.com](http://www.aerisusa.com) or (866) SWOPPER.

**HEAVY AIR athletic shoes, (Sports Power Shoes Technology, \$159.99)**

Put some weight in your gait. Heavy Air shoes feature removable interlocking weights that hook onto the back of the heels for added workout resistance.

More comfortable and secure than ankle weights, the hefty shoes have been shown to improve jumping ability, agility, speed and endurance.

Heavy Air shoes come with 1-pound weights. Later this year, accessory weights in 1- and 2-pound sizes will be sold. Currently available in men's cross trainers and women's walk-run styles. Weighted running shoes are due out next year.

[www.heavyair.com](http://www.heavyair.com) or (866) HEAVYAIR.

**THE STICK (RPI, \$26 to \$50)**

This tool's on a roll—over tender muscles and tendons.

A flexible rod featuring little plastic spindles, The Stick lets



The Body Blade gives you good vibrations. Flapping the long flexible strip creates hundreds of muscle contractions.

Runners may benefit from rolling The Stick over the back of the calves and hamstrings a few times. Weight trainers (or desk jockeys) might try it across the upper back and shoulders. And aerobic steppers could use The Stick along the hip and outside of the thigh.

[www.thestick.com](http://www.thestick.com) or (800) 554-1501.

**BODYBLADE (Hymanson Inc., \$50 to \$200)**

Flap your way to fitness.

Just hold out this long, flexible foil strip (from 3 to 5 feet long) and vibrate it so the floppy ends create a rhythmic motion. By rapidly flapping the Bodyblade, you can have up to 270 muscle contractions per minute.

Developed by a physical therapist for patient rehabilitation, the Bodyblade not only works the arms holding the tool but also the stabilizing muscles in the torso.

[www.bodyblade.com](http://www.bodyblade.com) or (800) 77BLADE.



Kick up your heels and get a real workout with Heavy Air weighted shoes.



The Swopper stool lets you sit fit. Balancing on the wobbly, backless seat strengthens abdominal and back muscles.