

Technological advances constantly affect our daily schedules, allowing increased productivity and efficiency in the ways we live and work. Whether you're able to invest in expensive products or spend just a few dollars to update your fitness routine, let's examine several ways that technology can add a fast, convenient spin to your workout.

DVDs. A variety of programs, such as Pilates, Yoga, aerobics and dance, are available for use in the comfort of your living room. Access these for a short term from your library or online rental service, or purchase your favorites from retailers everywhere.

Internet downloads. Many Web sites allow you to view or download exercise videos onto your computer, free of charge. Visit YouTube.com to check out videos posted by members at home.

Wii Fit. As the video game phenomenon continues to grow, Nintendo has developed Wii Fit to help users get off the couch and in shape. This exercise game is used with the Wii Console and Wii Balance Board, which uses pressure sensors to measure the user's center of balance and body mass index (BMI) as he or she performs exercises designated by the game.

Another exercise game, EA Sports Active, has recently been released for use with the Wii Console. Developed by EA Vancouver, the game comes with a pouch that holds a Nunchuk and resistance band that participants can use in conjunction with the Wii platform to set goals, burn calories and track progress.

iPhone/iPod Touch fitness "apps." There are numerous "apps," short for applications, available to Apple iPhone and iPod Touch users. Some of these target nutrition, such as Weightbot, Restaurant Nutrition and LIVESTRONG.COM Calorie Tracker. Others are related to exercise, such as iPump Total Body, iFitness and GymGoal Lite. These "apps" are available to download at www.apple.com for small fees, and some versions are free!

*Check with your doctor before starting a new exercise program.

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, seven days a week, at no cost to you or your immediate family. Our Guidance Consultants can assist you with your concerns at: **877-627-4239**

Online: www.guidanceresources.com

Enter your company Web ID: **MAP_4_IBEW**

