

## GADGETS & GEAR

LINDA STAHL

### This little piggy got a workout

If you want to exercise your feet, consider YogaToes, a gel foot-care exercise device. You wear the device while you're relaxing — not while you're working out — to stretch, strengthen and align your foot muscles.

To use YogaToes you place them in water for a few seconds to make them easy to slip on.

The recommendation is to wear them for five to 15 minutes at first. After you've used them for a while, you may want to wear them for an hour at a time.

YogaToes retail for \$49.95 at [www.yogapro.com](http://www.yogapro.com). Or call (877) 964-2776. There is a 90-day money back guarantee.

### Jump-start your workout

If you've been forced to move your exercise program indoors because of cold, nasty weather, it's nice to have an alternative form of aerobic exercise you can do in a small space.

Jumping rope is one answer.

The Harbinger Fitness Speed Rope is made for smooth jumping. The cord is cotton covered with PVC, which prevents stretching. Steel bearings provide a smooth swing. Hands easily grip the molded handles.

The 9-foot rope can be shortened. Suggested retail price is \$8.

Look for it at fitness stores, order it by phone at (877) 277-7750 or purchase at [www.everythingfitness.com](http://www.everythingfitness.com).



