



Suggestions for the fit of heart

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Think practical. We did, and found some easy-to-use, exercise-inspired gifts for friends and family that are all under \$40.

SELF MADE "HOME GYM" by Harbinger Fitness

What: Several inexpensive exercise aids for in-home circuit training.

How much: Six items add up to \$125; but you can buy one or all of them.

Where: Most sporting goods stores in the St. Louis area and their websites carry Harbinger products or visit www.bigfitness.com.

Description:

- Anti-microbial mat, \$40, for stretches
- Beaded jump rope, \$15, for cardio
- Resistance cable, \$15 to \$18, for strength
- Training ball, \$20 to \$30, core strength
- Balance trainer, \$25, core and balance

Note: Once your home gym is together, download all of the gear guides and make your own instruction book: www.harbingerfitness.com/guides.shtml

COPPER SOCKS by Aetrex

What: Germ-killing socks made from copper fiber

How much: \$10 to \$25

Where to buy: The Aetrex dealer locator lists eight stores in the St. Louis area.

Why buy it: The U.S. Environmental Protection Agency this year allowed manufacturers to make the claim that copper and copper alloys used in clothing and can kill germs. So Aetrex started using copper fiber to make socks. The claim says put on a pair of copper socks and 99.9 percent of the germs on your feet will be dead in two hours.

ROAD ID WRISTBAND

What: Wristband with steel tag that can be engraved with contact information for medical emergencies.

How much: \$19.99

Where to buy: www.roadid.com or 1-800-345-6336

Why buy it: It's perfect for runners, walkers, rollerbladers, cyclists and swimmers who don't like to carry stuff while doing their thing. Plus, an interactive version of the wristband (which costs an additional \$9.99 a year) allows you to create an online emergency response profile that's available to first responders via telephone and the Internet. The wristband has reflective stripes to enhance your visibility in the dark and comes in your choice of six colors.

PLANET BIKE BLINKY 7 REAR BIKE LIGHT

What: Seven ultra-bright LED lights point in five directions for 220 degrees of visibility.

How much: \$16

Where to buy: REI in Brentwood and Velocity Cyclery, 286 DeBaliviere in Central West End

Why buy it: It'd be nice if we could all get our outdoor cardio workouts in during daylight when we're most visible to motorists. But as any avid cyclist, walker and runner will tell you, schedules don't always permit this. Thankfully, this ultra-light, weatherproof Blinky 7 light can be seen up to a mile a way and can be mounted on your bike or strapped to your arm.

BACK TO THE TAP SPORTS BOTTLE

What: A sports bottle that filters heavy metals and other impurities from tap water.

How much: \$25

Where to buy: www.backtothetap.com or call 1-800-515-7036

Why buy it: By now, we've pretty much all realized what a scourge bottled water is on our environment, not to mention an unnecessary burden on our wallets. Back to the Tap is good for the environment, your wallet and your body. The 16-ounce bottle removes significant amounts of heavy mercury, copper, chlorine and other organic impurities from tap water.