

Exercise Desk Demons

Exercise, not ergonomic gear, is the best way to stave off work-related aches and pains, says a new report published in *The Cochrane Database of Systematic Reviews*. Arianne Verhagen, Ph.D., a physical therapist and epidemiologist at the Erasmus University Medical Center in Rotterdam, Netherlands, reviewed 21 different studies of more than 2,000 people and concluded that regular physical activity—be it aerobics or strength training—is more effective than ergonomic office equipment at preventing upper-body repetitive-stress injuries. This doesn't mean lumbar pillows and trackball mice aren't helpful, says Verhagen. It's just that staying active—spending at least 30 minutes a day on moderate physical activity like bicycling or brisk walking—should be your first line of defense. —S.S.



Stay Home, Get Fit!

Winter's cold, short days make it hard to get to the gym. Pop in one of these workout DVDs instead—all available at www.amazon.com for \$15 to \$20—and stay fit without leaving the house.

1. When it's too icy to walk around the block, turn on *Prevention Fitness Systems Walk Yourself Fit!* for three cardio workouts that incorporate walking, skipping, and jumping in place. Bonus material includes four exercises for foot pain and sneaker-shopping tips.
2. *Pick Your Level: Weight Loss Pilates* lets you choose from three different levels of difficulty, so you can work out no matter how much experience (or energy) you have. The 30-minute routine includes standing and mat exercises like leg lifts and crunches.
3. Like an invigorating gym class but without the competitive classmates, *Renew You: Sleek & Lean* blends Pilates, yoga, ballet, dance, and sculpting exercises. Before trying the five 15- to 20-minute routines that focus on your midsection and glutes (think: squats, lunges, and leg circles), check out the instructions on correct alignment.
4. Drag that dusty stability ball out of the closet—you'll finally get to use it with *10 Minute Solution: Fitness Ball Workouts*. You'll do standing twists and ball-rolling drills as you mix and match the five 10-minute routines, which are divided into upper body, lower body, core, flexibility, and cardio.
5. A deceptively simple yet effective 30-minute aerobic routine, the high-energy *Dance Off the Inches: Fat Burning Jam* combines nine simple moves like hip circles and side steps with plenty of shoulder shimmies. "Don't be afraid to shake your thing," says fitness instructor Michelle Dozois. —G.A.

Conscious Choice: Timberland



Popular footwear company Timberland is doing its part to help stamp out global warming. It recently pledged to plant a tree in England's Forest of Marston Vale for every pair of boots sold at its flagship London store; the response has been so enthusiastic that the program will likely be expanded to the United States, says Betsy Blaisdell, Timberland's manager of environmental stewardship. About a year ago the company installed solar panels at its distribution center in Ontario, Calif., a move that keeps 480,000 pounds of carbon dioxide out of the air each year. Timberland makes it easier for you to go green, too: Many of their shoes, including the Moorland boot shown here, contain eco materials like cork; look for new bamboo wedge heels this spring. Talk about a step in the right direction. —G.A.

