SleepPhones®
pajamas for your ears

RunPhones®

EXERCISE UPDATE

TUNE IN DAY OR NIGHT!
FX-SPORT

The FX-SPORT® VR1 Programmable Personal Trainer Headphones are the first and only programmable wireless sports headphones with built-in premium quality, waterproof 8GB MP3 player—great for any sport activity including swimming (with fully waterproof silicone skin accessory pack). The Programmable Personal Trainer function allows the user to customize any workout with instruction, time notifications and motivational messages. Up to 64 personalized messages (in both male and female voices in a variety of languages and accents) can be input to kick in at precisely designated times to structure any exercise session. Your whole gym routine, running, cycling, or any training session can all be structured and voiced to you. Check them out at www.fxsport.net.

DON'T FREEZE YOUR YOGA ROUTINE THIS WINTER

Here's a fun, new alternative that's convenient, remote and affordable to help stretch things a bit right at home! Take yoga anywhere, anytime with Yoga Download, a simple workout option to help you Namaste whenever.

Yoga Download's convenient online yoga classes provide options to download audio-only, slide-show and video files of top quality yoga classes, meditations, music and other fitness workouts directly to your iPod, MP3 player, computer or mobile device, with a variety of class lengths ranging from 20 to 90 minutes to fit easily into any schedule.

Yoga Download is accessible, convenient, affordable—and best of all, a portion of proceeds from classes goes to a variety of charities! Now who doesn't love a good workout option that also gives back?

Oh, did we mention there are classes for kids too? You can create a family-friendly workout with classes tailored to your young ones! Visit www.yogadownload.com.

YOGA DOWNLOAD

american FITNESS

Earn Extra CEUs: Top Seven Injuries Below the Belt

Common Trainer Mistakes

Mind-Body Boot Camps

February APEX is Coming Full Brochure Inside!

Moving Forward with MaDonna GRIMES

SleepPhones
Pajamas for Your Ears

Having trouble getting to sleep? Try SleepPhones®, the patented headband headphones that plug directly into virtually any music player, enabling the user to listen to music favorites or sounds that soothe and lull you to sleep.

No more fighting with bulky headphones or uncomfortable ear buds. SleepPhones are designed with user comfort, quality and environmental responsibility in mind. The washable fleece headbands are made in the USA of 88% recycled materials. All electronics are RoHS compliant (free of lead and other dangerous heavy metals).

SleepPhones were created by Dr. Wei-Shin Lai, a family doctor, to help you fall asleep faster and block out noise or snoring. Go to www.sleepphones.com for more information.

SleepPhones™ pajamas for your ears

developing nations.

a huge difference in the world donating shoes to help alleviate immediate suffering, but by turning millions of unwanted shoes into an antipoverty currency—a sustainable source of income for poor people to feed their families and help their communities," says Gene Gurkoff, founder of "Charity Miles." "We are delighted to join Soles4Souls in this important mission around the world."

Since its inception in 2004, Soles4Soles has distributed more than 20 million pairs of shoes both domestically and internationally. The organization also supports its antipoverty mission through similar programs to collect, donate or repurpose clothing and other necessities. For more information, visit charitymiles.org and soles4souls.org.

Soles 4 Souls

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Pajamas for Your Ears

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