

2009 SUPER SEXY SINGLES READY FOR LOVE IN THE FAST LANE

# EBONY

ADDICTED  
TO FACEBOOK?  
WE CAN HELP

6 CITIES  
24 HOURS  
50 BUCKS  
HAVE BIG FUN  
ON THE CHEAP

BIGGEST  
LOSER  
COUPLE  
WINS!  
HOW THEY SHED  
250+  
POUNDS

## workout essentials

Enhance your exercise experience with these clever must-haves

BY ELAINE WELTEROTH

1. **MAKE EVERY CALORIE COUNT** with the **24-Hour Fitness bodybugg System** (\$249, Web interface subscription ranges from \$14.95 a month to \$99 a year, 24hourfitness.com). *Sophisticated body monitoring capabilities provide an up-to-the-minute breakdown of calorie consumption and expenditure with a digital display on your wrist.*

2. **SET THE TUNE OF YOUR WORKOUT** **Nike + iPod Sport Kit** (\$29, apple.com). *This gadget pumps power music and tracks the progress of your personal fitness goals. Just drop the sensor into your Nike running shoe and go! The iPod nano and iPod touch models are sold separately.*

3. **MAXIMIZE RESULTS** **For Women: GNC be-HOT Turbopak** (\$49.99, gnc.com). *According to a registered dietitian, licensed nutritionist, a breakthrough in custom nutrition is custom nutrition. Increase their tone, sculpt and results of [the]*

4. **FOR MEN: Performance Amplified Muscle Meal** (\$69.99, gnc.com). *This easy grab-and-go "replenishes the key amino acids, minerals and electrolytes in minutes of exercise muscle fuel,"*

5. **HEAVYWEIGHT** **Newgrips** (\$29, newgrip.com). *Lift like a heavy lifter with custom-fit gloves that keep your hands from slipping while providing*

6. **ONE STEP AT A TIME** **FitFlops WalkStar** (\$49.99, Blissworld.com) and **Men's Dass style** (\$59.99, fitflop.com). *Give your buns and legs a burn between gym sessions with these ultra comfortable sandals designed to stimulate muscles while you walk.*

7. **STAY HYDRATED** with **Sigg Celebrate America special edition "Jazz Night" Bottle** (\$21.99, mysigg.com). *Cut down on waste and fuel up with this eco-friendly bottle made from 100 percent recycled aluminum with a protective liner to prevent the release of harmful chemicals.*

8. **LOSE BIG** **Core Advantage Stability Ball Kit** (\$19.98, Amazon.com). *This all-in-one workout kit was featured on NBC's The Biggest Loser. The kit includes a resis-*

10. **WEAR YOUR WEIGHTS** with **FitnessUWear Banglz** (half-pound wrist weights, \$24.95; one-pound ankle weights, \$27.95, banglz.com). *No other workout accessory is as necessary. These stylized weights build resistance into your wardrobe. Weight-loss expert Dr. Ian Smith swears by the big-time toning benefits of wearing small weights while walking.*



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