

PT365

GET FIT OR GO HOME

[FITREP]

Bite-size weekly health tips.

Many runners hydrate too much

Almost half of recreational runners drink too much fluid during races, Science Daily reports. The Loyola University study also found that about 30 percent of runners also believe they must ingest extra salt while running, when in fact, researchers say, the main cause of low sodium is drinking too much fluid. Drinking only when thirsty during endurance exercise is safest, says Loyola sports medicine physician and study author Dr. James Winger.

Harder, shorter workouts

The intensity of exercise, not the duration, is what's important in terms of improving your chances of living a longer life, a new study suggests. Researchers who looked at cyclists in Denmark found that men with high levels of cycling intensity lived 5.3 years longer, and those with average intensity lived 2.9 years longer than men with low intensity. Among female cyclists, those with high intensity lived 3.9 years longer, and those with average intensity lived 2.2 years longer, compared to women with low intensity.

Perfect Pullup maker fined

Exercise equipment maker Perfect Fitness has agreed to pay \$425,000 in penalties after it was revealed in a 2008 internal audit that many of its Perfect Pullup sets, which can be mounted in a doorway, were being returned with broken handles. The Consumer Product Safety Commission says the company was aware of at least 23 injuries by March 2010, Consumer Reports stated in a blog post. Perfect Fitness recalled about 7,000 of the sets last February but denies that it knowingly violated any laws.

Strength training beneficial during pregnancy

A moderate weight training routine early in pregnancy is not only safe but also can be a benefit, according to a recent Michigan State University study of women in their first trimesters. The women who lifted weights were similar to those who did not in terms of maternal weight gain, gestational age at delivery and size of the infant; and also showed lower risk of pregnancy-related diabetes and hypertension.

Active or lazy, it's in the genes

If you love working out, the reason could be in your genes. Canadian researchers working with mice discovered that when they removed the genes that control kinase, an enzyme released during exercise, the mice were less active, the Canadian Broadcasting Centre reported. The key, scientists said, could be that the enzyme regulates mitochondria — the "power plants" of cells in the body.

Get-fit gear

The latest must-haves for your workout

By Allison Pattillo

The most recent Outdoor Retailer Trade Show was brimming with great new products meant to get people moving. Some trends in fitness gear for the coming year are improved functionality, streamlined designs and water-proof/breathable fabrics — really!

Riding the Ortovox Mountain-skyver Downhill Mountain

BODY SHOP

Scooter made me feel like a kid again, but manufacturers have decided to limit its release to Europe. If you're lucky enough to be based across the pond and need a little fitness and folly in your life, rent one and head to the hills. Don't forget your helmet!

Some of the best new stuff of the year:

Mountain Hardwear DryQ Active Effusion Hooded Jacket

An impressive piece for cold-weather runs, the DryQ Active Effusion Hooded Jacket is waterproof and breathable to keep you warm, but not clammy. It includes thoughtful details such as taped seams, a back zip pocket with internal media port, cinch waist, hood, reflective detailing and soft internal sleeve cuffs. The jacket stretches to move with you, providing a truly comfortable running experience. **Price:** \$200 **Available:** Now **www.mountainhardwear.com**



Brooks Men's Collection Sherpa 2-in-1, 6-inch shorts

Now the popular Sherpa shorts comes with a supportive, chafe-resistant, moisture-transfer brief and longer length for maximum comfort on the road or in the gym. The shorts also have two rear holster pockets for gels or essentials and 360-degree reflectivity for high visibility. **Price:** \$46 **Available:** January **www.brooksrunning.com**



Salomon Synapse road and trail shoe

Salomon's latest offering is for those who like to "run your hike." Mesh uppers keep the dirt out, and a rubber toe protects you from roots and rocks in this light hiker that's made to move. A quick-lacing system and OrthoLite liner provide ease and comfort, weighing in at a little less than 12 ounces for a men's size 9. Also comes in a women's model. **Price:** \$120 **Available:** January **www.salomon.com**



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Oakley Infinite Hero Split Jacket and Radar Path sunglasses

Oakley's new Infinite Hero eyewear collection includes special renditions of the Split Jacket and Radar Path sport performance sunglasses with purple highlights to pay homage to the Military Order of the Purple Heart. With the purchase of each pair of the special-edition eyewear, Oakley will contribute \$20 to benefit the Infinite Hero Foundation, a nonprofit dedicated to raising awareness and funds to meet the needs of military heroes and their families. **Price:** \$210 (Split Jacket) \$190 (Radar Path) **Available:** Now **www.oakley.com**



Radar Path



Split Jacket

Elemental Herbs Sunscreen Sport SPF 30

Elemental Herbs took its zinc sport sunscreen and made a good thing even better. Now you can have natural zinc protection without looking like a ghost. The formulation does not feel greasy and left no white sunscreen sweat streaks after a hot run. **Price:** \$15.99 for a 3-ounce bottle **Available:** Now **www.elementalherbs.com**



Bondi Band headbands

Headbands are a necessary running accessory for men, women, kids — even pets — and Bondi Bands has headbands for every need. The creators have made them fun and functional with a line of wicking and fashionable headbands, hats and kerchiefs. Choose from beautiful patterns, different absorbency levels and fun graphics and slogans. Look for the affordable bands at a race expo near you, including the Air Force Marathon, Army 10-Miler and Marine Corps Marathon. **Prices:** \$8-\$20 **Available:** Now **www.bondiband.com**



New Balance Align Line Up Short Sleeve

With the Line Up tee, all you have to do is look in the mirror to see if you have good form. The men's training shirt is made from moisture-wicking, anti-microbial fabric and has strategically placed visual clues (seams, color blocking and overlay tapes) to help athletes maintain better alignment and body form. It also comes in sleeveless and long-sleeve options. **Price:** \$24.99 **Available:** Now **www.newbalance.com**