

Make Every Step Count

These two pedometers have great options:

The **New Balance VIA Panic Pedometer** offers a distinctive design, easy to read large digital display, and accurate performance. The VIA Panic also comes equipped with a shrieking alarm for safety purposes—a must for night walkers. Additional features: step counter, calorie counter, watch and chronograph. www.nbmonitors.com
\$25.00



The **Walk 4 Life Five Function Elite Pedometer** has been described as “the most accurate pedometer.” Functions include: step counter, activity time, miles walked (kilometers available), caloric burn counter and clock



Purchase include: a free walksmart 1 year membership or log book and a 5 year warranty. The step filter can be set, depending on personal needs. www.walk4life.com
\$26.00

Tired of Shorts? Try a Skort



The Basic Fit Skort offers the look of a skirt with the comfort of a short. Cut slightly longer in the back for the most flattering coverage. The wicking fabric will keep you dry when you perspire. The UPF fabric blocks 96 percent of UV rays. A hidden pocket on the waist will hold essentials—even a cell phone. The cut of the skort is flattering in length and fit. www.walkstyles.com
\$58.00

Safety at Night



Get away from those reflective vests that are made for construction workers. The Crashwear reflective safety vest is made of 100% nylon rip stop, is water resistant and comes in eros pink, orange blast, black berry and confident yellow. Features include: trimmed in reflective material, inside and outside pockets with Velcro closure to hold keys, phone or MP3 player, unique reflective art, matching storage pouch. www.crashwear.net
\$29.99



Race Walking DVD

The *Race Walk Like a Champion* DVD set, by Jeff Salvage, is like a coach in a box. Spanning two DVDs, the set brings the descriptions from the book of the same title to life while explaining all aspects of race walking in DVD quality video. The interactivity makes it a coach in a box. It's friendly menus allow you to watch exactly the section you wish, over and over, with no rewinding! www.racewalk.com
\$49.95

