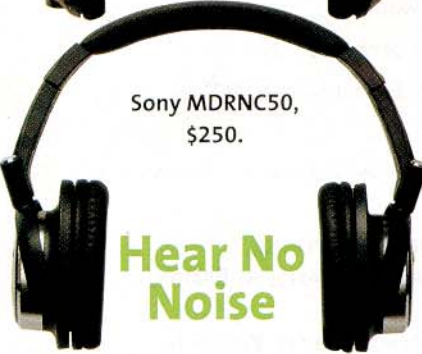




NoiseBuster
(www.noisebuster.net),
\$70.



Panasonic Noise
Cancelling Headphones
RP-HC300, \$200.



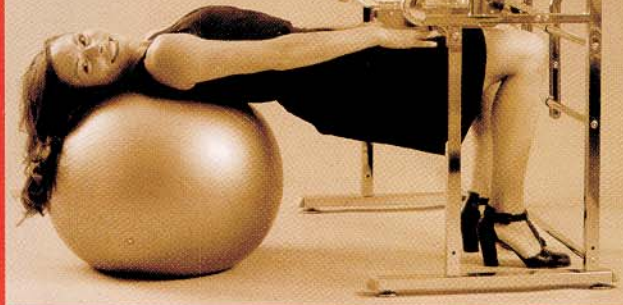
Sony MDRNC50,
\$250.

Hear No Noise

Isolator, or noise-cancelling, headphones are the latest buzz on ear-saving technology. The headphones eliminate background noise in areas such as the airport or the gym so you can save your ears for the music. And, since you can hear the music without cranking up the sound, these headphones lower the risk of noise-induced hearing loss. Beware: These headphones may block out traffic noise, which could be dangerous.

— Sarah Snowdon

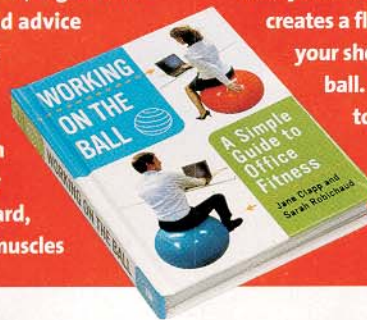
GET FIT WHILE YOU SIT



Here's how: Buy yourself a stability ball and the playful but practical book *Working on the Ball* (Andrews McMeel, 2006). Sassy fitness experts Jane Clapp and Sarah Robichaud

provide exercises with names such as The Creep and The Box, ergonomic work-station tips and advice on how to stay sane at work.

Try Tabletop Tango (above): Sit on the ball, stretch your head and torso upward, tighten pelvic floor muscles



and suck in your stomach. Then slowly walk your feet out until your body creates a flat tabletop position with your shoulders remaining on the ball. Gently drop your bum toward the floor, then squeeze and slowly lift hips toward the ceiling. Repeat 20 times.

➤ We all have emotions, of course, but now you can evaluate your emotional intelligence (EQ), the capacity to recognize and manage emotions. To test your EQ, visit the Institute for Health and Human Potential at www.ihhp.com/testsite.htm.

— Teresa Sousa

WHAT'S SO GREAT ABOUT THIS SHOE?

The Nike Air Max 360 contains no foam in the midsole – just pure air, so there's no deterioration in the cushioning. Available at athletic stores across the country.

