

Surprising ways your iPod can help you get healthy

women's

August 2006

health & fitness

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Welcome to the future of health — iPod has several programs that can help you lose weight and learn to eat correctly.

Apple's iPod isn't merely an electronic gadget — it's a phenomenon. Since the first model of this music player debuted in 2001, almost 50 million have been sold. Chances are you own one, and that can be good news for your health. Depending on the model, your iPod can store visual workout routines, stock hundreds of gourmet recipes, keep track of your appointments, even give you the latest health-related headlines. Here's how to get the most out of your iPod:

Let iPod be your nutritionist

Whether you're looking for a great recipe for baked meat manicotti or you have your own secret family recipe for the best sugar-free chocolate chip cookies in the world, your iPod is here to help. Using the Pocket Bar & Grill software (enriquequinterodesign.com/pocketbbarandgrill.html), you can load hundreds of gourmet recipes directly onto your iPod and never be without a great meal again. Pocket Bar & Grill also offers Pocket Vegan, which provides 300 vegan recipes. The program will also show you how to load your own recipes. And as if that weren't enough, you can shake things up with Pocket Bartender and load 200 exotic drink recipes to serve with those gourmet dishes at the ultimate dinner party.

iPods compatible: ALL

Let iPod be your personal trainer

When you go to the gym to work out, anything more than an iPod or your car keys to lug around just weighs you down, even if it is only a few pieces of paper with pictures of the workout routines you're supposed to follow, because it's just another thing to keep track of. With PumpOne (pumpone.com) and iWorkout (helmesinnovations.com/iWorkout.html), you can load visual workout aids for nearly 200 different routines made by ACE certified personal trainers right onto your iPod. The visual guides on your iPod screen will show you exactly how to perform every curl, sit-up, press, cable crossover. And while having a color-screen iPod will help, it's not essential — all you lose is the benefit of color illustration. Once the programs are transferred, just grab your iPod, head out to the gym

The Healthy iPod



If you're using your iPod only for music, you're missing out. Here's why this little gadget really rocks.

By Logan Kugler

and start taking advantage of your iPod's true potential.

iPods compatible: ALL

Let iPod be your personal assistant

If one thing's for certain, it's that all of us usually juggle more things at once than we can possibly handle. Fortunately, your iPod is here to help. That's because it has the ability to synchronize with your scheduling program — whether you use Microsoft Outlook on a Windows PC or iCal on a Mac. And the good news is that it's a pretty straightforward process.

Windows PC: Now, if you're on a Windows machine, open iTunes, connect your iPod and wait for it to appear on the iTunes source list. Then select the Edit menu in your toolbar and click on Preferences. Once there, click the iPod tab and then the Calendars tab. After that, select the "synchronize calendars from Microsoft Outlook" box and click OK. A dialog box will appear telling you that a program is trying to access data from Outlook. Select the "allow access for" box and choose a time limit from the menu. Finally, click Yes to close the dialog and then OK again to close the iTunes preferences.

Mac OS X: The formula for the Macintosh user is quite similar. Simply follow all of the steps above and when you click on the Calendars tab, instead of seeing the option to "synchronize calendars from Microsoft Outlook," you'll see a checkbox called "synchronize iCal calendars." Check that box and finally click OK to close the iTunes preferences.

While this process may seem intricate and lengthy, it's actually extremely

quick and simple.

iPods compatible: ALL

Let iPod be your Katie Couric

Wouldn't it be great to always stay current on the latest news while you're away from your computer, be it the newest article on iVillage.com or the top breaking health story out of Fox News? Well, your iPod makes it possible. That's because every morning before you leave for your daily commute you can have your iPod automatically download the latest RSS feeds from your favorite Web sites. You can view them right on your iPod's text reader and then visit the full version of the stories you were most interested in as soon as you return to your Mac or PC.

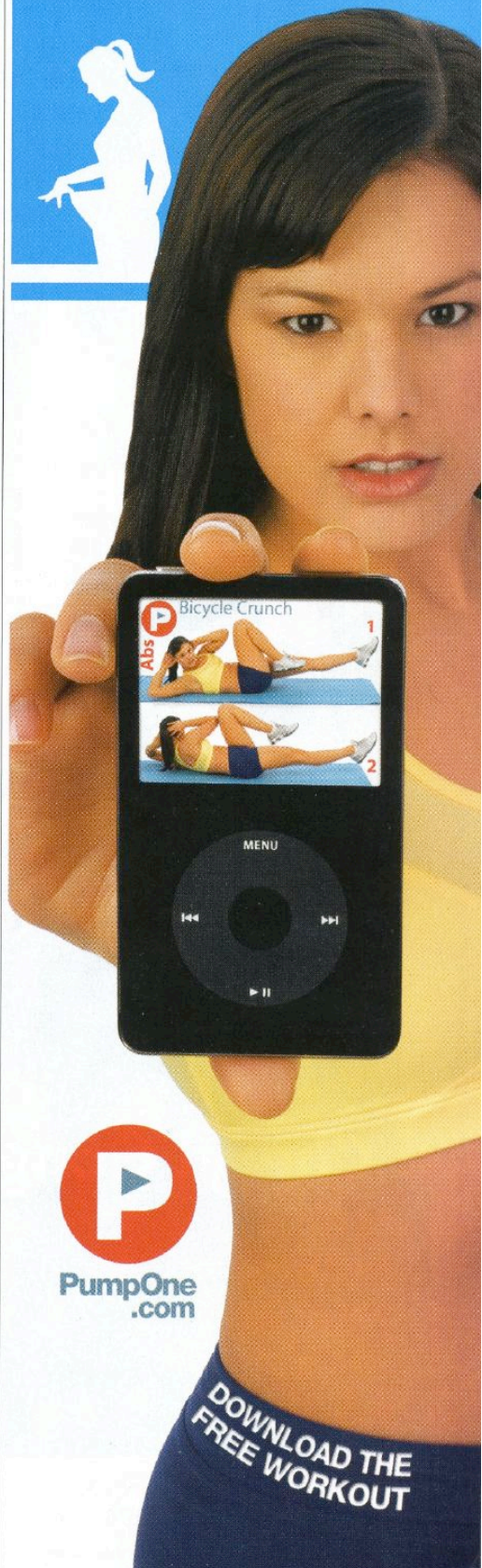
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Mac OS X: carnglas.com
iPods compatible: ALL ■

Who needs an entourage? iPod can be your personal trainer, your nutritionist and your personal assistant.



Pumped For Summer



DOWNLOAD THE
FREE WORKOUT

Check this out!

The iPod company (Apple) and the shoe company (Nike) are partnering together to make your workout easier and more fun. Nike's new running shoe, the Moire, tracks information during your run, like distance, time, speed and calories burned. The iPod Sport Kit allows you to use your iPod to view the workout data from your shoe in real time, instead of after your workout is over. There's even a voice that will speak the data so you won't have to look at your iPod. And after the workout, upload the information to your computer to keep track of your progress. The iPod Sport Kit is now available from the Apple Store or apple.com for \$29.