

5 WINTER WORKOUT DVDS

Even if the weather outside is frightful, you can still have a delightful workout—indoors

BY HALEY SHAPLEY

Baby, it's cold outside—so why not take your fitness routine indoors? Even if you can't get out of the house, you can still get your blood pumping and your heart rate up. Exercise is crucial for your health, so if you're looking for a good indoor workout, consider one of these five senior-friendly DVDs.



JuggleFit Juggle Your Way to Fitness

(BEGINNER LEVEL)

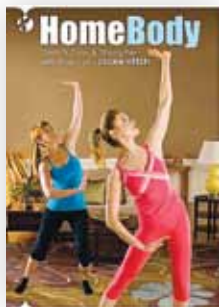
Bored by traditional exercise? You might be surprised to learn that juggling is an aerobic workout. Juggling challenges the body and mind, lubricates the joints in the arms and shoulders, boosts brainpower, and helps with coordination and balance. This DVD, led by instructor Heather Wolf, includes nylon scarves, a balance and coordination workout with three levels of difficulty, a beach warm-up and cool-down, and practice tips to help you master the circus art. (\$19.99, www.jugglefit.com)



T'ai Chi Chih Joy Thru Movement

Simpler than tai chi but with the same benefits, T'ai Chi Chih was created in the 1970s and consists of 19 movements and one pose. A University of Wisconsin-LaCrosse study found that older adults who practice T'ai Chi Chih for five weeks experience less stress and a greater sense of well-being. "With the accumulation of chi through

T'ai Chi Chih, permanent changes in the metabolism and the thinking process take place," says creator Justin F. Stone, now in his 90s. The DVD includes 45 minutes of instruction on the principles of the movements, followed by a 45-minute practice. (\$32.95, www.gkpub.com)



HomeBody

This routine is a low-impact hybrid of dance, Pilates and yoga that gets you moving while strengthening your core, improving your posture and stretching your limbs. The music will propel you through the workout, which makes use of common household items like a can of beans, a ketchup bottle, throw pillows and a chair. Led by fitness instructor Jillian Hessel, the DVD

includes a dance warm-up, a chair workout, a mat sequence, a rise-to-standing end segment and a bonus tutorial to help ensure correct posture.

(\$12.95, www.jillianhessel.com)



Walking for Fitness Kit with Kathy Smith DVD

It may not be the first thing that comes to mind when you think of exercise, but walking can help you burn calories, increase energy, manage stress, reduce the risk of heart attack and other diseases, lower body fat, and revitalize muscles. Fitness expert Kathy Smith takes walkers to the next level with

this kit, which includes two 1.5-pound hand weights, a pedometer and the *Indoor Walking* DVD. The program is the equivalent of a two-mile walk and is designed for all ages and abilities. (\$19.99, www.rejuvenationrehab.com)



Functional Fitness Fat Burning

Hips and thighs and arms, oh my! It may not be as easy to stay slim these days as it used to be, but that doesn't mean it's impossible. PBS's Suzanne Andrews takes you through two 25-minute, fat-blasting workouts specifically designed to help the 40-plus set slenderize tough-to-tone areas. You can choose to sit or stand, depending on your fitness and

comfort level. The DVD includes a 30-minute segment in which a doctor and a registered dietitian answer frequently asked questions about weight loss.

(\$17.99, www.healthwiseexercise.com)