

FIT



+WELLNESS PRODUCT OF THE WEEK

Wine Wipes Owing their power to a combo of baking soda, salt, hydrogen, calcium and glycerin, these handy wipes help protect teeth and remove wine, cola, coffee and tea stains. WineWipes.com **\$6.95 for a pack of 20**

Shape up in the city

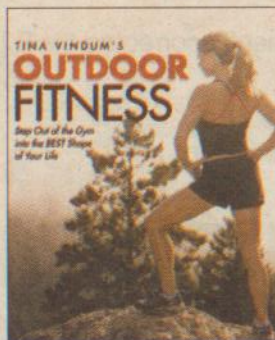
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New York City might not seem like an optimal place to reap potential fitness benefits found in nature. While we may not have hiking trails or drastic altitudinal shifts, we're still in a city rife with fitness opportunities.

"People don't like the gym," said Tina Vindum, author of "Outdoor Fitness: Step Out of the Gym into the Best Shape of Your Life" (\$19.95).

"The industry's own data indicates that the average club gains about 1,000 new members a year — and loses almost 900," she said.

Here are a few ways to use props throughout the city to shape up, as suggested by Vindum:



Vindum's book teaches simple ways to get fit using the outdoors.

Parking meter press

You'll need: A meter, playground structures, sign or pole.
Targets: Where the glutes and hamstrings meet.
Starting position: Wedge the ball of your left foot against the base of the meter. Standing straight, lace

your fingers around the pole. Hook your right foot around your left ankle.
Action: Sit back as far as you can, so that your arms are straight and your left knee forms a 45-degree angle. With your left heel supporting your weight, press up through it, allowing your tailbone to rise only 3 to 4 inches. Return to starting position.

Tree sit

You'll need: A tree with a strong base, lamp-post, wall or mailbox.
Targets: Quads, deep muscles of the core and abs, and shoulders.
Starting Position: Find a prop with a circumference of at least 20 inches and a flat area around its base.
Action: Sit with your back against the prop and your

knees bent at a 45-degree angle. Using power from your heels, press your lower ab wall firmly into your lower back and up your entire spine. Notice how your abs are engaged and your chest opens.

Reverse pull-up

You'll need: Monkey bars, a gate or a strong tree branch.
Targets: Arms.
Starting Position: Grip the prop with hands shoulder-width apart and your palms facing away from you. Walk your feet out until your body is elongated and your knees are straight, balancing on your heels.

Action: Exhale as you pull yourself up until your chest nearly touches the prop. Hold for a count. Inhale as you lower your body back down, until you feel a lengthening of your back muscles.



City dwellers can effectively tone their backsides with Vindum's "parking meter press."