



THE BOCA RATON
observer

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THE
**HEALTH
& FITNESS**
ISSUE

RODNEY YEE
DEFINING THE ART OF YOGA

GEAR GUIDE

GET IT IN GEAR



ATS Baby Jogger

The ATS stands out as a stylish urban stroller than can easily traverse any city sidewalk or cruise a busy mall. The ATS features a padded reclining seat for naps on the go, an integrated suspension system to absorb bumps, and a multi-position sun canopy with side vents. Available at WWW.BABYJOGGER.COM.

Nike + iPod

This unique system works with the iPod nano to track your running progress. The shoes' embedded accelerometer measures your pace, distance, and calories burned — everything but your heart rate. Available at Nike, WWW.NIKE.COM.



Agile DMT

Introducing the Agile Dynamic Motion Trainer, a revolutionary new workout machine that produces dramatic cardiovascular and muscle toning results in only a few short weeks. Available at WWW.SMOOTHAGILE.COM.