

Fitness must-haves for the new year

So you want to get in shape and stay in shape, right? But with all the videos, machines and books out there, you have no idea where to start. To meet all of your fitness goals for 2005, we've done the shopping for you. Here are our favorite new fitness products to keep your workouts fun and exciting and keep you looking and feeling great.

By Jeanne Muchnick



Best New Watch



Best Running Shoes



Best at-home Yoga Kit

Who says your workout clothes and bags are the only things that need to be stylish? Stay on time and on track with Nike's Triax women's digital alarm watch which features a lighted digital display dial with alarm, date, chronograph and lap time modes. Clock displays standard and 24-hour military time and month, day and year calendar; chronograph measures lap times up to 100 laps. Price: \$69. More information: go to www.ashford.com.

We have two favorites, because they're both so comfortable we couldn't choose!

■ The Etonic Hybrid (top) comes with a removable bottom footbed — if your feet are swollen, removing the bottom layer allows for extra room and comfort. Price: \$89.99 More information: www.etonc.com

■ Mizuno's Wave Nirvana (bottom) not only looks great, but also has built-in shock absorbers that make running on nearly every terrain a breeze. Price: \$129.99 More information: go to www.mizunousa.com.

Straight from SWERVE Studios in West Hollywood, yoga work-out tapes which encourage you to rev up your fitness program and awaken your inner goddess. The package includes five tapes on either DVD or VHS and a Goddess Guide with inspirational mantras and nutrition tips from Gillian Marloth and Teigh McDonough, the instructors and creators of the routines. Price: varies, but about \$19.95; More information: call (800) 565-4807 or go to www.yogabootyballet.com.