

### HYBRID HESITATIONS

They may now be legal under the Pension Protection Act, but cash-balance retirement plans— a.k.a. “hybrids”—are still slow to take hold.

### GIVING INTERNS A TURN

With talent in high demand, employers are increasingly looking at interns as strategic recruits instead of gofers, coffee-getters and errand-runners.

MARCH 2, 2008 • \$8

# Human Resource Executive

## The Best Defense

### Workstation Exercises

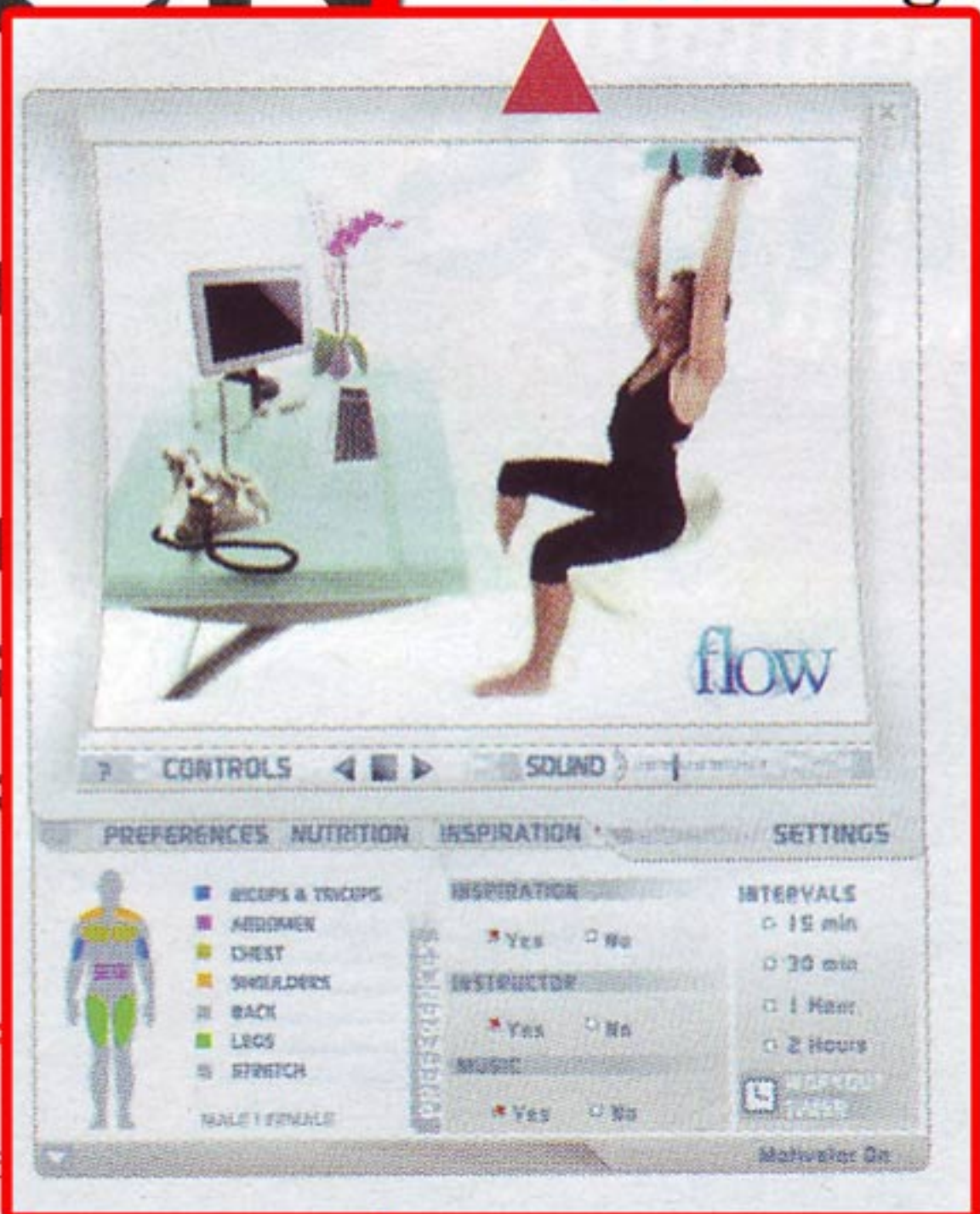
Licensed psychologist Dr. Renee Nasajon has introduced FLOW, a new fitness tool designed to help workers lose weight and burn calories while seated at their desks.

FLOW is a software program that provides seven five-minute video exercises at pre-set intervals of 15 minutes, 30 minutes, one hour or two hours. A video box will pop up on the screen and guide the worker through

a series of exercises designed to be performed in a sitting position and cover all major muscle groups, including the chest, abdominal, biceps/triceps, shoulders, back, legs and full-body stretching.

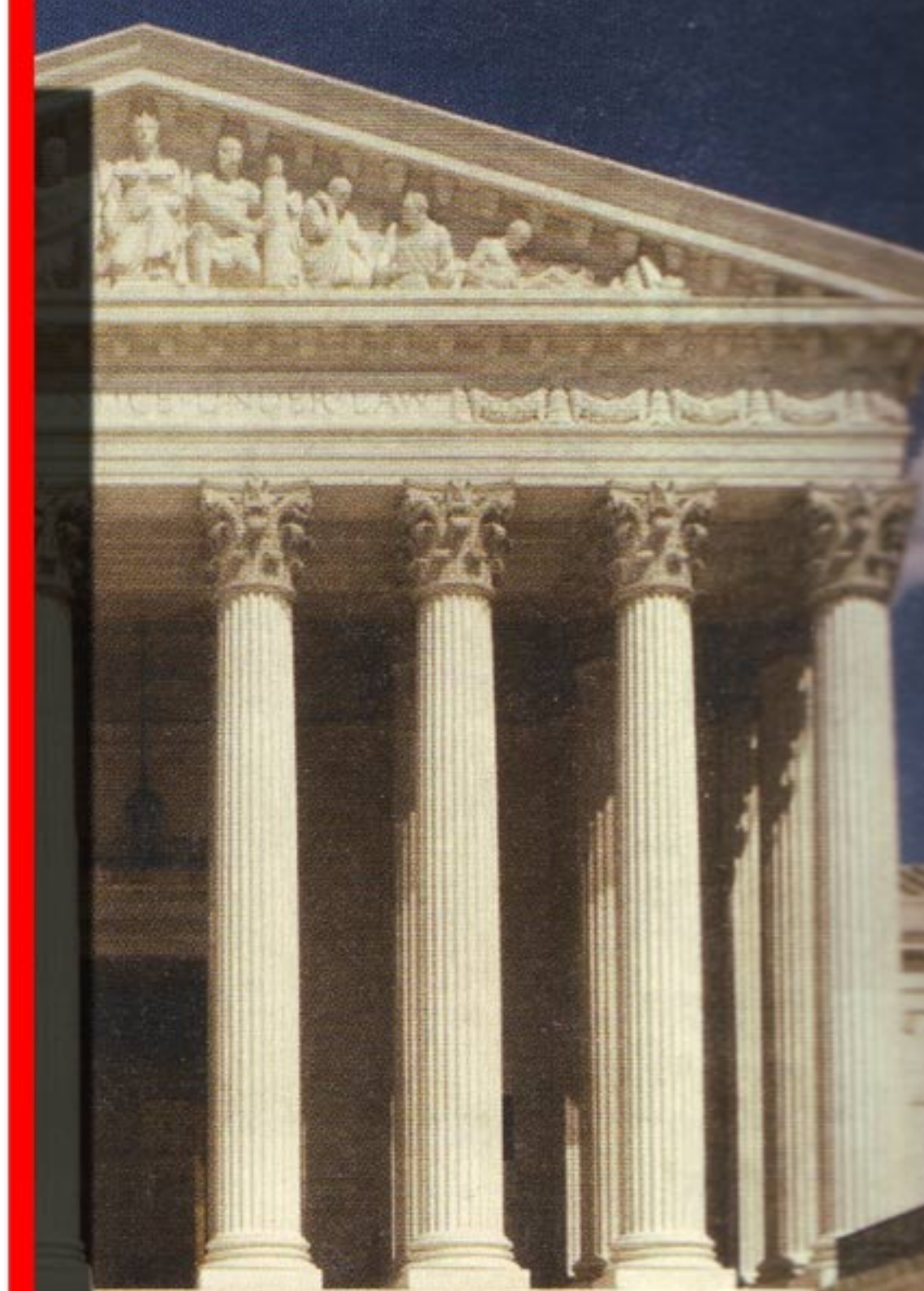
It also provides a “virtual coach,” nutritional information center and inspirational messages.

Program retails for \$29.95.  
The E Wave Corp., Miami  
[www.thewavecorporation.com](http://www.thewavecorporation.com)



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