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HEALTH

GET FIT AS YOU WORK:

Workaholics have a new way to fit quick workouts into their busy schedules. Dr. Renee Nasajon, a licensed clinical psychologist, has created **FLOW**, a software exercise program designed to accommodate computer-bound office slaves. The program features several five-minute workouts that can help you tone that tummy, lift flabby areas and get a cardiovascular workout just by sitting at your desk. At pre-set intervals, small windows pop up to remind you to "sit-exercise." All exercises are designed to be performed in the sitting position. The system also features daily weight-management reminders as well as positive stress-management affirmations. The suggested retail price is \$29.95. Available for purchase at www.thewavecorporation.com.

INSIDE



BASIC TRAINING
Trim and tone legs with trainer Eddie Carrington
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GOOD STRETCH
Yoga helps the homeless and mentally ill
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NOT TOO YOUNG