

Prevention



GREAT IDEA
#75
Walk in
the woods

prep work will keep you off the couch.

80. Plan active dates with your hubby, such as bowling or golfing, instead of dinner and a movie.

81. Play Frisbee with your kids.

82. Get your book group to slip on sneakers and chat on the move.

83. Play fetch with your dog.

84. Build a snowman.

Reading This Sitting Down?

Get up, go to your computer, and log on to prevention.com/100-ways-move-more for 16 more great ideas!

ORANGE CHAIR BY ERGOSCO.COM; PRODUCT PHOTOGRAPHS BY THOMAS MACDONALD



Beyond The Pedometer

Ready to kiss your love(seat) handles good-bye? Here are three gadgets that'll help banish chair chub.

Striiv (\$99; striiv.com)

This touch-screen device monitors distance and calorie burn and keeps you motivated with games powered by your movement.



BodyMedia Fit Core Armband

(\$179.95; bodymedia.com)

This armband monitors the calories you burn with every movement through four unique sensors, records your sleep duration and efficiency, and lets you track progress online.



Gruve (\$179.95; gruve.com)

This multifunctional device senses the intensity and calorie burn of nonexercise activities such as walking to the copier. As you close in on your daily movement goal, a light changes from red to yellow to green. Plus: It vibrates when you've sat too long.

WIN Calorie-Tracking Gadgets!

Thirty lucky *Prevention* readers will score a Gruve or a Striiv of their very own! Starting October 27, 2011, go to prevention.com/sweepstakes-December-2011 and enter for your chance to win.

Beginning on October 27, 2011, go to prevention.com/sweepstakes-December-2011 for a chance to win a Gruve (a \$179.95 value; 10 awarded) or a Striiv (a \$99 value; 20 awarded). No purchase necessary to enter or win. A purchase voids your chances of winning. You are not a winner yet. To enter, go to prevention.com/sweepstakes-December-2011. Void where prohibited. Sweepstakes ends at 12:01 a.m. ET on October 27, 2011, and ends at 12:01 a.m. ET on January 1, 2012. Open to legal residents of the 50 United States or DC or Canada (excluding the province of Quebec), age 18 or older, to enter. For official rules, visit prevention.com/sweepstakes-December-2011. Rodale Inc., 400 South Tenth Street, P.O. Box 10099, is the operator of the Sweepstakes.

