



SMART HOME LIFESTYLE: Great gadgets help make New Year's resolutions more realistic

by Diana Kostigen , Special to the Citizen-Times
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So, you're two weeks into that diet or exercise regimen, and your "full steam ahead" has quickly turned to "man, I'm about dead." You're sore, you're hungry and you're bored. Maybe it's time to add some technology to get you back on track. Here are some gadgets to help you get to your goals:

Jump it up

Jump ropes aren't just for recess anymore. They provide a simple and effective workout on the go. But what if you've got two left feet, or a low ceiling? Check out JumpSnap, the ropeless jump rope.

JumpSnap loses the rope, leaving two handles with electronic chips and an LCD screen that estimate calories burned, while providing a timer and audible workout summary. It even makes a snapping sound with each rotation.

JumpSnap can be purchased at www.jumpsnap.com and runs just less than \$60.

Picture perfect portions

If you thought painting by numbers was fun, why not try eating by picture? MyFoodPhone is like a digital food diary that eliminates the need to write, or to weigh your food.

"You take pictures of what you eat with your camera phone and they get sent automatically to your own registered dietitian," said Marc Onigman, MyFoodPhone spokesman. "Once a week, on a personalized Web page, you get video feedback from your dietitian on how to modify your eating habits."

MyFoodPhone service runs around \$10 per month. Just make sure you have a compatible camera phone and Internet connection.

Run, Nike, run

If running is your thing, Nike's Sport Kit will add some spring to your tech. Bringing sports and music together, Apple Computers and Nike change the way people run.

Sport Kit is a wireless system that allows Nike+ footwear to talk with your iPod nano. A sensor is placed in your shoe, and the receiver plugs into your iPod. Sport Kit tracks time, distance, calories burned and pace, all while playing your favorite tunes.

Once you're done with your run, simply download the info into your computer to compare and analyze all your latest workouts. You can even compare your data to runners around the world. Just remember, the Sport Kit costs \$29, but requires an iPod nano, and a pair of Nike+ enabled footwear costing between \$100-\$200.

For the strong of heart

Reminiscent of some high-tech torture device, The EnterTrainer gives whole new meaning to "powering up" your electronics, turning your "leg work" into a virtual power generator. In response to exercise, The EnterTrainer turns on your TV or stereo and maintains volume levels in direct relation to your heart rate.

This means, if you're not keeping in your desired workout zone, the volume gradually lowers and finally turns off. Back on target? The unit powers back on and the volume is restored. Effective? Perhaps. Strange? Oh yea.

The EnterTrainer (www.theentertrainer.com) costs \$139 and comes with a heart rate monitor and a softball size device that mounts to your exercise equipment.