

## The Pulse

By Megan Michelson

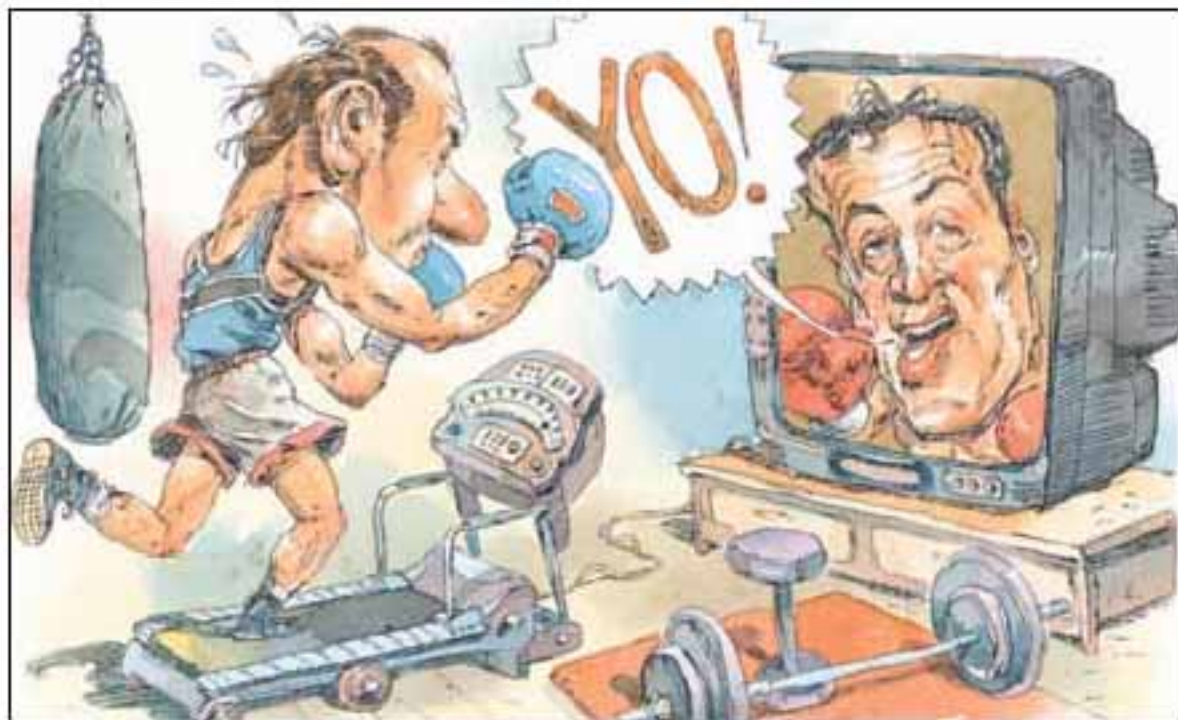


Illustration by John Cuneo

### RERUNNER

Part training aid, part Pavlovian torture device, the wireless

**ENTERTRAINER** connects a heart-rate monitor to your television. Fall below your target range during your treadmill session and you lose the sound, and, eventually, the power. \$129; [www.theentertrainer.com](http://www.theentertrainer.com)



### MOO JUICED

Fitness pros may soon be filling their water bottles with a creamier sports drink. A study by researchers at Indiana University found that **CHOCOLATE MILK** consumed between successive workouts on the same day rehydrates as well as any fluid-replacement drink and outperforms carb-rich formulas. But don't go laughing the Gatorade out of your nose just yet. The study tested only nine male cyclists—none of whom were lactose intolerant.

## SCAN AND DELIVER

The new **CALORIE SCANNER** from Training Peaks works like a pocket-size grocer's gun, but instead of reading prices, it stores nutrition information from any of half a million product codes. Then, using your computer, it charts the calorie, fat, carb, and protein content and graphs your intake. For obscure items, the scanner stores the number and allows you to upload the product details to a Wiki-like database, so next time you—or anyone else—scans the item, it comes right up. \$149, plus \$20 monthly subscription;



[www.trainingpeaks.com](http://www.trainingpeaks.com)—**Kyle Du Ford**

## [www.ishouldbetrainingnotsurfingtheweb.com](http://www.ishouldbetrainingnotsurfingtheweb.com)

1. Put a coach in your digital audio player with one of **iTrain's** 100-plus downloadable workouts—including iCycle, iClimb, and iStretch. From \$1; [www.itrain.com](http://www.itrain.com)
2. Using photos of your meals—which you snap with a cell phone—the registered nutritionists at **MY FOOD PHONE** give weekly critiques of what's on your plate. \$99 a month; [www.myfoodphone.com](http://www.myfoodphone.com)
3. A hack on Google Maps called **Gmap Pedometer** plots the distance of your jogging or cycling routes right down to the yard. [www.gmap-pedometer.com](http://www.gmap-pedometer.com)
4. **PERSONALMD** stores your medical records online. Carry the provided identification card and, if you're incapacitated, ER doctors can access your health history to make sure you're getting proper care. \$8 per month; [www.personalmd.com](http://www.personalmd.com)