



NEW
IN HEALTH
**warm
ups**



CHAFING WISH

Like any good drug, exercise has a few nasty side effects. We can't help with the black toenails, but the new Asics Chafe Free line (\$7.95-\$8.95, Holabirdsports.com) promises to block red marks caused by excess rubbing. Training for a tri? Go with the waterproof, longer-lasting endurance gel.



SEAT OF POWER

No need to find an outlet to plug in the True ES9.0 recumbent bike (\$2,599, see Truefitness.com for dealers). The green machine uses the energy you generate through pedaling to power up and create resistance. Even in a blackout, you'll be a knockout.



AGE-OLD ISSUES

Is there such a thing as prune bread? If not, Anti-Aging Whole Food Bar (Regenerationusa.com, \$47.88 for a case of 12) would be a good substitute. The snacks — made with goji berries, jiaogulan tea, mangosteen (and more!) to fight Father Time — made us yearn for wrinkles.



SEASONAL SIPS

Just because it's cold outside doesn't mean you can stop hydrating. But you have permission to be extra-seasonal with limited-edition stainless steel Nathan water bottles (\$22, Amazon.com) with built-in flip straws. They feature penguins, a snowboarder and fluffy flakes.

GUINEA PIG



Nice Ice, Baby

Readers who were here last week may remember we tested a cold-fighting formula called "Nip-It." We can now declare — cough — that it — cough — doesn't work. But, luckily, a sore throat was required for proper testing of Sucrets Ice (\$3.50 for six packets, Drugstore.com), so we gave the frozen medicine concept a whirl.

And that's basically what Sucrets Ice is: menthol, pectin and some fruity flavoring (either pomegranate or grape). Place the packets in the freezer, wait an hour, and, voila, something to suck on. Plus, there's a little echinacea and zinc thrown in for people who are convinced they cure everything.

The concept was probably first imagined for kids, but everyone can appreciate cold goodness numbing one's pain. In a highly scientific experiment, we compared the results to a Fudgsicle. While we found the immediate impact to be similar, the Sucrets Ice's effects lingered longer. Unfortunately, the effects of the sore throat lingered after that. We will continue to suck and update you. VICKY HALLETT (EXPRESS)