

SHAPE

BUILD A BEAUTIFUL BACK
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NEWS
getfit

shape your holidays
the gift of fitness

Whether you're exchanging holiday goodies with a yoga enthusiast or weight-room addict, we've got the perfect present just for them.

For the outdoor-sport gal

1. Hot Chillys keeps the cold weather out with its "Salsa" Micro-Elite Panel Zip T (\$65; 800-468-2445, hotchillys.com).
2. IllumiNITE's "Momentum MicroWeave" solid color block jacket (\$85; 800-497-6171) reflects bright geometric patterns when light hits it at night.
3. Garmin's small, lightweight "Forerunner 201" GPS system (\$160; 888-442-7646, garmin.com) fits on your wrist like a watch but can calculate speed, distance, pace and calorie burn.

For the yogini

4. Crescent Moon's innovative "Convertible Tote" (\$80; 714-399-1450, crescentmoonyoga.com) has an adjustable mat wrap to carry any size yoga or Pilates mat to class. The matching cotton nonslip practice rug sold separately is a perfect fit (\$50).
5. Shrimp Yoga (\$85; 877-964-9642, shrimpyoga.com) offers a preppy navy and white bag with a shrimp pattern. (Mention Shape and get \$10 off phone orders!)
6. Timbuk2's yoga bag (\$100; timbuk2.com) has an outside roll-flap to secure a yoga mat, a water-bottle pocket and inside compartments.

For the weight-room junkie

7. A Morning Cup of Strengthening (Crane Hill Publishers, 2004; \$13; booksamillion.com), by Beth Pierpoint, offers a 15-minute strength routine to start your day, complete with a companion audio CD.

8. The Strength and Toning Deck (Chronicle Books, 2004; \$15; 800-722-6657, chroniclebooks.com), by Shirley Archer, contains 50 strength-training moves in a portable box to take to the gym or on your next trip. Follow the numbered sequences for a predetermined workout or mix and match.

For the Pilates practitioner

9. Capezio's straight-cut French terry pant (\$40; 800-234-4858, capeziodance.com) sits low on the waist for ease and comfort. A matching zip-front hoodie (\$50) and drawstring miniskirt (\$25) make this line a happy blend of functional and fashionable.

10. Tranquil Space Yoga's wrap "tranquiliT" sleeveless rayon-jersey top (\$55; tranquilspace.com) clings and keeps you covered in class yet is chic enough to wear to a cafe afterward. — Linda Lewis



A GIFT FOR YOU

After you've crossed everyone off your holiday shopping list, reward yourself with **SuperWomen** by Jodi Buren (Bulfinch Press, 2004; \$40; womenssportsfoundation.org). The book profiles 100 female athletes, with stunning photographs and first-person words of wisdom capturing the power, athleticism and diversity of women in sports. Partial proceeds go to the Women's Sports Foundation and the GoGirlGo! Program, whose goal is to help 1 million girls become physically active. — L.L.

