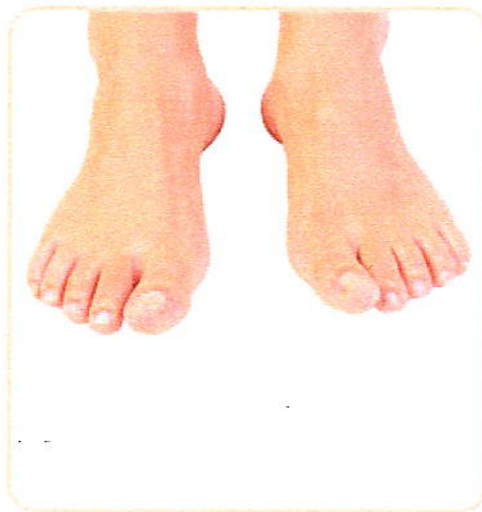


Foot Work

Tuesday, June 12, 2007



Why the buzz about bee pollen? Well, it's packed with vitamins, amino acids and omega-3's—so add it to your shopping cart and your smoothie or yogurt for a kick of energy. (Be sure to test first for a possible allergic reaction!

Summer puts you in a toe jam: so many strappy sandals mean so many painful strides, squeezes and pinches. (Remember Tamanu oil!)

You can a) give heels the heave-ho or b) build the strength and flexibility needed for sole support.

We know what we're choosing.

At New York's Erika Bloom Pilates Plus, a 30-minute Foot Fixers class mixes foot exercises like the "Wing and Sickle" with hamstring and calf stretches (\$14) to counteract the muscle and tissue tightness caused by fancy footwear.

At Yamuna Body Rolling studios worldwide, you can add 15 minutes of footwork to YBR's other class offerings (\$7) or opt for a private Foot Fitness session that includes an alignment analysis (\$85).

Exercise at home with the Foot Wakers and Foot Savers props from YBR, or try this simple stretch from Erika: slowly flex your toes upward while keeping balls of feet on ground. Keep toes spread wide as you lower them. Repeat.

Now that's a step in the right direction.