



New Moves for the New Year

New Year's Day's "get fit" resolutions (and their subsequent demise two months later) seem as age-old as the holiday itself. If you are one of the millions of people making fitness resolutions this year, why not pick a few fun and effective ways to stick to them? Gentry's Allison Johnston uncovers the latest trends in helping you adhere to your goals.

Taking Yoga to New Heights

Love yoga? Looking for a challenge? Bored with your workout routine? If you answered yes to any one of the above questions, then consider enrolling yourself in **AntiGravity Yoga** "Wings," a new hybrid yoga class being offered at Crunch gym. Known for its cutting-edge yet highly effective fitness offerings, Crunch San Francisco is the latest club in the gym's chain to offer this exclusive and untraditional class. Created by gymnasts and acrobats, AntiGravity is a workout done almost entirely in the air, utilizing "hammocks" to hang each participant throughout the duration of the sweaty and fun one-hour workout. Aside from sculpting the ever sought-after "yoga body," AntiGravity is also unbelievably effective for improving flexibility and strength and relieving back pain caused by compressed joints. The workout combines yoga, stretching, and Pilates, and highlights include hanging upside down and doing headstands. Try it out, because Bikram yoga is so 2008. **Crunch Fitness, San Francisco, 415.931.1100.**

Adding Spice to Your Fitness Routine

Dim lights, seductive music, and sweaty bodies. No, we're not talking about the latest Pedro Almodovar love scene, we are talking about the hottest trend to hit fitness in the past decade—**salsa dancing**. Pantea, a local salsa instructor and former Salsa 2K performer, offers some of the best salsa aerobics classes on the Peninsula. Choose from one of these local hot spots where she teaches: Alberto's Nightclub, Agenda, or Starlite Dance Club. Dancers and non-dancers alike will feel equally at home as Pantea takes you through the fundamentals and finer points of salsa, all the while providing a whole-body workout. Teaching to the rhythms of Afro-Cuban, Salsa, Mambo, Cha Cha, Merengue, and Reggaeton, Pantea's classes help improve flexibility, coordination, stamina, and best of all, tone and tighten your body to rival those on *Dancing with the Stars*. She also emphasizes the importance of understanding the leader-follower relationship, ensuring the classes are also an educational experience. You'll sashay your way out of class with an amazing dance physique and the know-how to match. www.salsawithpantea.com →

Suspension Training

San Francisco-based **Fitness Anywhere**, founded by former U.S. Navy SEAL Randy Hetrick, has launched an entirely new category of exercise, Suspension Training. With the development of the TRX Suspension Trainer, a training tool that utilizes one's own body weight to work out and accommodates more than 250 different exercises, this movement has been embraced by professional athletes, personal trainers, and everyday gym-goers alike. Fitness Anywhere will offer daily group classes, including TRX Body Blast, TRX Basic Training, and TRX Power Stretch. Best of all, the TRX is easily portable and can be done quickly—meaning during your lunch break or right before you hop on the train and head home for the day. www.fitnessanywhere.com



the current talk

Giddy Up!

No longer considered a leisurely pastime for the elite, **horseback riding** has regained popularity in recent years as an exceptional and enjoyable way to enhance your fitness. Horseback riding actually provides several benefits, among them: increases in balance and coordination, boosts in flexibility, faster reflexes, stress reduction, and strengthening of the core—that hard-to-target, yet fundamental part of your body that affects nearly every motion you make. And aside from its many physical benefits, horseback riding improves mental health to boot. Physical improvement, piece of mind, and beautiful scenery—what’s not to love? **Fremont Hills Stables, Los Altos Hills, 650.948.9980; Glenoaks Equestrian Center, Portola Valley, 650.299.1309.**

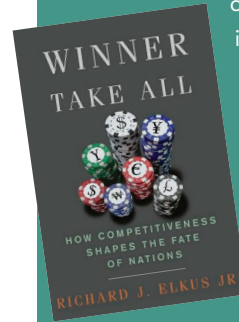


What Will They Think of Next?

Lifelong runners and racers who prefer more traditional modes of exercise and shy away from fad fitness trends can now add some spice to their training by investing in new technology from Apple. In their latest venture, Apple has teamed up with Nike to create an iPod accessory that is every runner’s dream. At only \$29, the **Nike + iPod** kit comes complete with a wireless sensor and receiver that works exclusively with your Nike shoes and iPod to track your workouts in real-time and back at home on your Mac or PC. **The Apple Store, Palo Alto, 650.617.9000. ■**

Winner Take All

Silicon Valley business leader Richard (Dick) Elkus, Jr., has published his first book, *Winner Take All, How Competitiveness Shapes the Fate of Nations*, making the compelling case that America is in danger of losing its



competitive position in leading-edge technologies. Read it to find out why. Elkus has been a founder, Chairman, CEO, and director of several high-tech companies. He and his wife Helen are residents of Atherton. The book is available at Amazon.com or at Kepler’s bookstore in Menlo Park.



What if she were your child or grandchild?

MORE THAN 250 SEXUALLY ABUSED CHILDREN, MANY OF THE UNDER THE AGE OF 5, RECEIVE MEDICAL TREATMENT AND COMFORT AT THE KELLER CENTER EACH YEAR.

The special attention that these children receive is often the first step towards healing.

Sexual abuse can happen to any child. It is not income-based or geographic-based and it is not their fault.

Is there any group in our community that needs our help more? The San Mateo County Health Foundation does not believe so. That is why we strongly support the work of the **Keller Center for Family Violence Intervention**. Please join us.

To find out how you can give to the Keller Fund to aid sexually abused children call 650-573-2292 or visit smchf.org.



San Mateo County Health Foundation

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