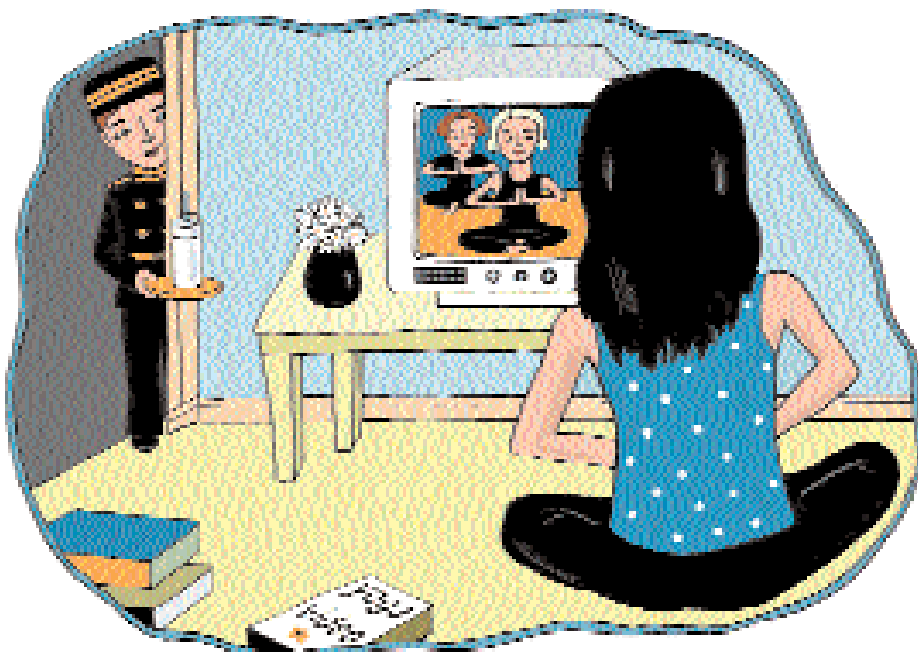


fitness



Say “Om” in Your Hotel Room

A new service makes it easier to practice yoga on the road.

TRAVELING CAN WREAK HAVOC ON YOUR yoga routine. But thanks to On Command, a provider of in-room guest services for hotels, you can now do yoga in more than 3,450 hotels around the world, including the Marriott, Sheraton, and Westin chains. The service offers two videos, a morning and an evening routine, from the popular

Living Arts “Yoga for Beginners” series. The videos are 20 minutes long and available through the hotels’ private cable channels. Most hotels charge a fee for such services, and odds are they won’t provide yoga mats. If you’re planning to travel and would like to try this service, call your hotel in advance and ask for details.

—J.T.M.

PRODUCT REVIEW

Help for Sore Muscles

THE PRODUCT: Badger Sore Muscle Rub

THE PROMISE: This olive oil-based salve contains cayenne, which herbalists use in topical remedies to relieve painful muscle spasms. It also includes other herbs like ginger, rosemary, and cardamom.

OUR VERDICT: After tough workouts, including one editor’s running of a half-marathon, we’ve turned to this balm and found mild pain relief. We like its exotic smell and that it doesn’t feel greasy.

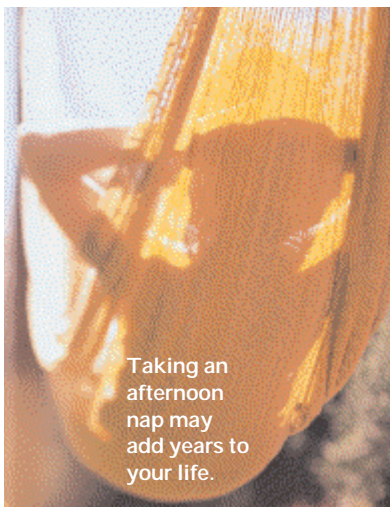
TO BUY: A 2-ounce tin costs \$8; 800-603-6100; www.badgerbalm.com.



It’s Time to Get Lazy

Two researchers say you’ll live longer if you go easy on exercise.

SKIP THE MARATHON AND TAKE A NAP, SAY Michaela Axt-Gademann, M.D., a German physician, and Peter Axt, Ph.D., a health scientist with a German university in the city of Fulda. The father-and-daughter team are authors of the new book *The Joy of Laziness* (Herbig, 2001). Much like lolling crocodiles and hibernating bears, people live longer if they sleep eight to nine hours a night, take



Taking an afternoon nap may add years to your life.

naps, and avoid long work hours and extreme exercise, say the researchers.

Not that sloth should be your motto. Moderate exercise and healthy eating still play important roles in health, says Axt-Gademann. You simply need to limit your stress, she explains. When you exercise to an extreme—like for an hour or more seven days a week without giving your body a chance to rest between workouts—your adrenal glands become overworked, thus weakening your immune system. Indeed, marathon runners and workaholics have shorter-than-average life spans, the researchers found, while siesta-loving Italians live longer. —M.N.M.