

## NOT JUST HANGING AROUND

A fresh occasion for blending fitness, performance and fun is offered at Helium Aerial Dance in New York. Led by Artistic Director, Heather Hammond, whose expertise comprises aerial/circus arts and modern dance, Helium Aerial Dance stages festival acts and event shows, and also offers classes for all ages and skill levels.

Mid-air equipment—silks, straps, hoops and trapeze—grant participants an opportunity to get fit through strengthening and toning, as well as test their acrobatic skills.

For those ready to combine theatrical art with exercise, classes include an Intro to Aerial class, Beginner Aerial Silks classes and a Lyra (Hoop) class. For more information, visit [www.heliummm.com](http://www.heliummm.com).



## Into the Wild

This February, the fifth annual World Expedition Run™ will give competitors the chance to sprint through the wilderness at its 2009 race in Southern Costa Rica.

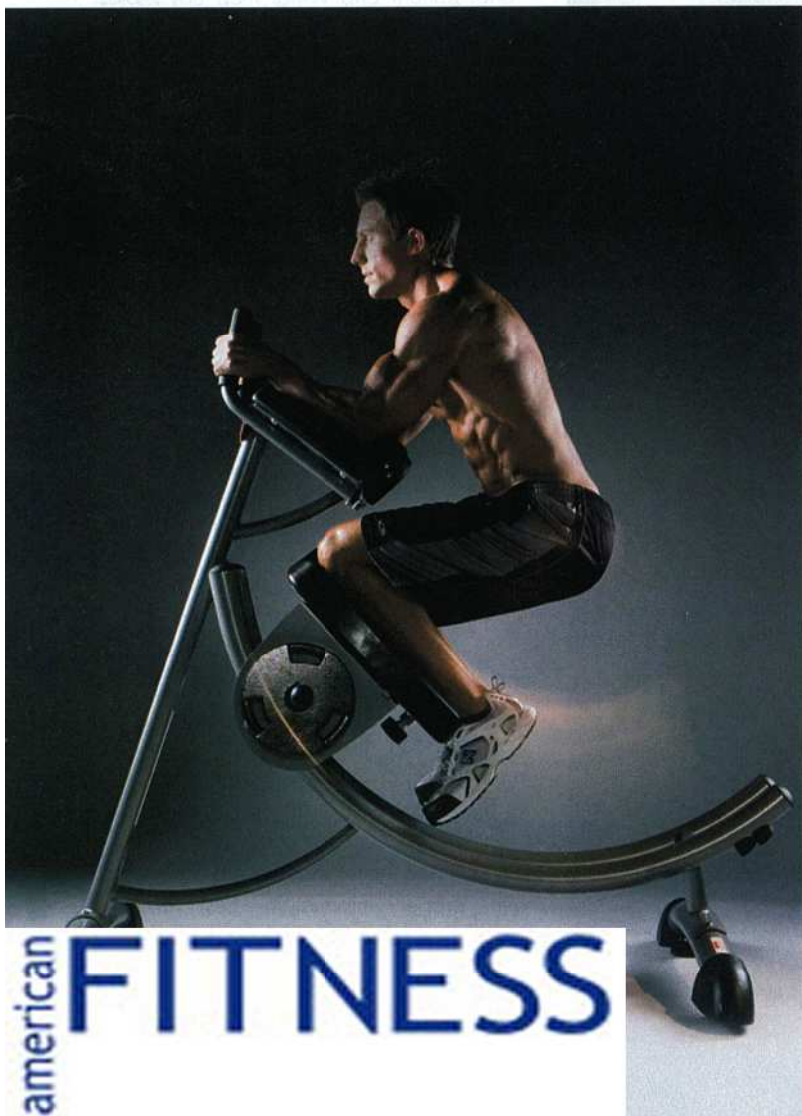
"The Coastal Challenge" will feature the "Rainforest Run," a six-day course with more than 200 kilometers of untamed landscapes, including highlands, beaches, rainforests and jungles. The route will highlight a range of exploits such as navigating coastal ranges, reefs and river crossings.

Adding to the spirit of adventure, part of the race will also involve a night run, complete with torch-lit paths.

Race Director, Tim Holmstrom, said, "We're celebrating our fifth anniversary with a spectacular and funky course that combines the best of Costa Rica's natural beauty with a stunning and challenging route that will reward athletes."

Planned around wildlife and an undomesticated tropical environment, it is a competition for bold-hearted athletes of all levels.

For more information, including registration, go to [www.thecoastalchallenge.com](http://www.thecoastalchallenge.com).



## COASTING HOME

The Ab Coaster®, a professional fitness product that is being used by gym-goers, athletes, and the U.S. Military, is now available for consumers who wish to whittle their waistlines at home. Fitness enthusiasts at every skill level can now get flat abs safely, efficiently and on their schedules, according to the makers.

Ab Coaster users begin in a kneeling position and curl their knees up toward their chests in a smooth motion, limiting strain to the neck and back, working the entire core. Studies have shown that excess weight in the midsection could be a predictor of heart disease, Type 2 diabetes and even some types of cancers. Makers of the Ab Coaster claim their product will effectively help exercisers lose weight and maintain slender waistlines. The Ab Coaster won the Global Innovation Award at the FIBO 2008 international trade show for health and fitness. For more information visit [www.abcoaster.com](http://www.abcoaster.com).