

HOT Sheet gets HEALTHY

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Hot SNACK

Feed Granola is the perfect way to enjoy a healthy snack chock full of flavor! The sweet treats are made from organic whole grains and come in a variety of flavors, including Cranberry Coconut Crunch and Raisin Nut Crunch. Available in health food stores and online, this \$6 delight is a favorite of **Rachael Ray!** feedgranola.com



Hot WORKOUT

Hoopnotic Hoopdance is a part dance, part exercise, part play activity that provides an energizing and effective workout. The \$20 instructional DVDs teach hoopers a fun, new exercise that tones muscles, increases flexibility and strengthens the cardiovascular system. **Gwyneth Paltrow, Beyoncé and Sandra Oh** have all enjoyed the updated version of this playground activity. hoopnotica.com

Pick Of The Week!



Hot WEB SITE

Hungry Girl is a fun, useful Web site that helps readers learn how to stay healthy and achieve their weight-loss goals while still eating great-tasting foods. Filled with supermarket finds, low-cal recipes for delicious dishes and tricks for healthy eating at restaurants, this site has the answers for anyone who loves fab food — and wants to look slim-tastic! hungry-girl.com



Hot GYM

Want to work out like **Madonna!** The athletic entertainer joins **Brad Pitt** and **Heidi Klum** as a fan of the Power Plate, a vibrating machine that forces muscles in the body to contract while holding different poses. Station Studios is a gym in New York City that offers personalized or group workouts. Because 100 percent of the muscle fibers are used, compared with the 40 percent used in regular workouts, sessions are less than 30 minutes! (212-683-7869)



Hot DELIVERY

The fresh food from Nu-Kitchen is a healthy alternative to the calorie-heavy meals consumed over the holidays. **Mary-Louise Parker** is a fan of the food-delivery service, which caters to people who are trying to lose weight, manage an active lifestyle or save time while experiencing the benefits of healthy eating. For \$400, customers get two weeks of delivery, which includes five meals a day and tasty dishes like flank steak or enchiladas. nu-kitchen.com