

PULSE

A LIFESTYLE & ENTERTAINMENT MAGAZINE

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HEALTH + FITNESS ISSUE

MAN ON THE RUN:
WORCESTER NATIVE
HAS EYE ON
2016 OLYMPICS

caucony

Rock 'n Roll
PHILADELPHIA
1/2 MARATHON
OCTOBER 31, 2015

RITCHIE

UP YOUR FITNESS GAME WITH TECHIE FINDS

By Merilee Kern

The sports and fitness industries are teaming with cool product innovations intended to make activity more fun, competitive and effective. Here's a tech-advanced assortment of sporty solutions that will help ensure you've got game.



FLY6

The Fly6 from Cycliq is a combination bike tail light and a rear-facing HD safety camera. It replaces an existing bike tail light, flashing to ensure oncoming traffic sees you. It also records in real time whatever happens behind you as you ride, capturing what transpires in the event of an incident. Features include crisp, wide-angle HD video and audio recording, nanotechnology to withstand wet/adverse conditions and a six-hour battery life. \$169, cycliq.com.



TECH21 EVO MESH SPORT IPHONE CASE

The Evo Mesh Sport phone case line is reportedly the first on the market to feature colors identical to the Apple Watch sport bands, providing fashion-conscious consumers with the ability to match their case to their watch. Plus, these cases provide maximum impact protection without affecting phone performance. Designed to fit into an active lifestyle, the flexible cases wrap around the corners and back of the device, providing a secure fit and feel. \$39.95, apple.com.



RUNPHONES HEADPHONES

RunPhones headphones are comfortable and secure headband headphones that are perfect for running and exercising. The product's innovative, over-the-ear design features ultra-slim headphones embedded inside of a sporty, moisture-wicking, machine-washable headband. Unlike earbuds, these don't completely block out exterior sounds, making them safer for running outside. RunPhones are available in a classic corded version and a wireless BlueTooth-enabled version. \$39.95, runphones.com.



UNEQUAL HALO

The Unequal Halo is a protective headband for soccer players with on-board TriDur and Accelleron technology. TriDur is a patented, elastomeric-coated Kevlar fabric used by the military and law enforcement, with virtually unmatched ability to absorb and disperse high-impact energy. The Halo contours to any players' head and looks just like a headband, while offering serious protection. \$29.99-\$39.99, unequal.com.



MISSION ATHLETECARE

MISSION AthleteCare's line of EnduraCool products feature a proprietary performance fabric that instantly cools to approximately 30 degrees below the average body temperature. The product achieves this in under a minute when soaked with water or sweat, wrung out and then snapped in the air to activate the cooling properties. The fiber simultaneously wicks moisture away from the body, so the fabric feels cool against the skin, not wet. Prices vary, missionathletecare.com.



RECOFIT COMPRESSION GEAR

RecoFit Armcoolers provide the cooling benefits of Icefil technical fabric. Xylitol is embedded in the fabric and lowers the skin's surface temperature by five degrees when activated by the evaporative process of wicking perspiration away from the skin. Air flowing over the sleeves creates the same cooling sensation. RecoFit's calf compression sleeves also help you perform better and recover faster by improving circulation, reducing damaging muscle vibration, preventing swelling, delaying fatigue and speeding up post-exercise recovery. \$34.95, recofit.com.



PERFECT FITNESS MULTI-GYM AND BANDS KIT

Use your own body weight to build and strengthen your muscles. With the Perfect Multi-Gym, you can do pull-ups, chin-ups, sit-ups, push-ups and dips. No installation is needed, as the unique design protects your door frame, so you can use it virtually anywhere. The package includes access to downloadable Navy SEAL-designed circuit workouts. \$19.95, perfectionline.com.



POWERWRAPZ LED SAFETY LIGHTS

Another great way to illuminate your way to safety is with PowerWrapz – LED safety lights that can be strapped onto a bike frame, helmet, handlebar, bike seat, tent, backpack, stroller or buggy, an umbrella or hiking or ski poles; the list is endless. PowerWrapz are perfect for anyone who jogs, bikes or walks at night – or just about any situation where you are out in the open at night and want to be plainly visible to passing drivers. \$24.95, 4id.com.



NERF FIREVISION IGNITE SPORT LINE

Nerf's hot line of FireVision Ignite products will give you full control of your playing environment, even at night! The Nerfop, Football and Flying Disc, developed by Hasbro, give users the ability to play sports competitively in the dark. With the FireVision Ignite line, you can watch as you drain a last-second 3-pointer, throw a perfect touchdown pass, or send your disc sailing through the sky, all in the cover of darkness. Starting at \$14.99, hasbrotoysshop.com.



BOARD BLAZERS UNDERGLOW SKATEBOARD LIGHTS

Instantly customize and trick out your ride with Board Blazers' LED Underglow skateboard, longboard and scooter lights! Small and sleek, these lights cast bright, vivid ground effects sure to get you noticed. Super lightweight and concealed until you manually turn them on, Board Blazers enhance the look of the board without detracting from performance. \$24.99, boardblazers.com.