TIGHT ABS, TONED ARMS & LEGS
YOUR DREAM BODY IS A BAND, BALL OR ROLLER AWAY!

UP FOR A CHALLENGE?
12 MOVES PUT YOUR TRAINING TO THE TEST

FOOTBALL FEVER
PILATES GOES PRO

DON’T MISS THIS
PILATES BACK IN THE DAY: AN INSIDER’S LOOK

PLUS:
9 GOOD-FOR-YOU GRAINS YOU’VE NEVER HEARD OF

6 PILATES MISTAKES EVEN TEACHERS MAKE
CORRECT ‘EM FOR GOOD!
**BEDOL WATER ALARM CLOCK**
Runs on water alone—no batteries required; available in five shades like Blueberry Blue, shown here ($26; www.bedolwhatsnext.com).

**BOCCE’S BAKERY HOLIDAY FEAST**
All-natural doggie biscuits, with organic barley flour, antibiotic-free chicken, pumpkin and cranberries ($15.95 per 8-ounce tin; www.boccesbakery.com).

**WAGS HAND FITNESS KIT**
Two duos of resistance and fingers bands, plus gel Eggercisers, help relieve pain and strengthen wrists, hands and forearms ($39.95; www.wristassuredgloves.com).

**THE HONEST COMPANY HEALING BALM**
The all-purpose salve with organic oils (sunflower, tamanu) and extracts (calendula and chamomile) softens skin—even a baby’s bottom ($12.95; www.honest.com).

**SHASHI COOL FEET GRIP SOCKS TWINKLE LIKE A STAR**
A sparkly mesh panel adorns these seamless socks (in Regular or Split Toe), with CoolMax fabric to keep toes dry ($17–$17.50; www.shashionline.com).

**INITIALS, INC., BINETTE**
A monogrammed storage bin adds flair to any office; choose from Berry or Graphite ($20; www.initials-inc.com).

**LE PALAIS DES THÉS WASHI TINS**
Gorgeous Parisian canisters designed for storing and retaining the flavors of tea ($13–$19 for 3–7.1-ounce containers; us.palaisdesthes.com).

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—Amanda Altman