

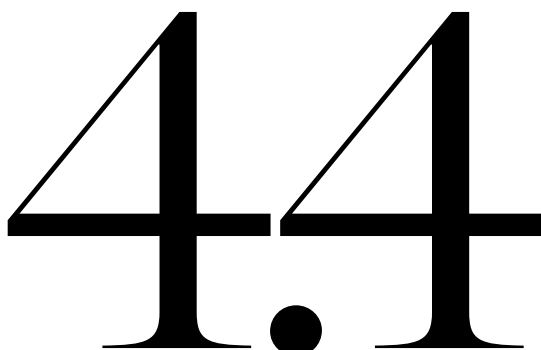


SMOOTHER CYCLING

For better aerodynamics, triathletes use "aerobars" on their bikes instead of drop handlebars. A recent New Zealand study found that **forming a wedge with your fingers is the most aerodynamic aerobar position.** The unfamiliar grip can reduce your power and stability, though, so practice in this position until your output normalizes, suggests study author Lindsey Underwood, Ph.D.(c).

ON OUR RADAR

Lemon aid Antioxidants in lemon verbena extract may shield your cells from exercise-induced damage, a recent Spanish study reports. Runners who took 1,800 milligrams of the extract daily for 3 weeks showed considerably reduced signs of muscle damage. The herb's antioxidants may also enhance your body's natural defenses, says study author Vicente Micol, Ph.D.



ACTUAL MINUTES A DAY SPENT EXERCISING VIGOROUSLY BY MEN WHO CLAIM TO EXERCISE "HARD" 4+ HOURS A WEEK

Source: *Scandinavian Journal of Public Health*

LIVING-ROOM WORKOUT

Playing a video game, such as *Dance Dance Revolution*, with a motion-activated mat is as challenging as moderate-intensity cycling, a 2010 Irish study found.

Activity	Percentage of heart-rate max after 12 minutes	Average number of calories burned per hour
Cycling (120 watts)	72	575
Running (6 mph)	85	800
Video game* (with mat)	72	590
Wii boxing (upper body only)	66	450

*Need for Speed: Hot Pursuit 2, with a custom leg-controlled game mat

GRUNT WORKS

Annoying, maybe. Effective? Probably. **Grunting during a tennis match may throw off your opponent's game.** According to a new University of British Columbia study, people watching video clips of matches reacted more slowly and predicted the ball's direction less accurately if players grunted. Grunts blocked the sound of the ball hitting the racket, so speed and spin were harder to gauge. The effect may also work in on-court competition, says study coauthor Scott Sinnett, Ph.D.



MITCH MANDEL (A-G): Newport (A-F), AFP/Getty Images (B-E,G); Susan Mulrone/Newspart (C); Getty Images (D)

FLEX YOUR MENTAL MUSCLE

Don't just stare at ESPN: **Using your imagination makes exercise more enjoyable.** In a new British study, folks who pictured a past energizing workout while cycling had more fun and felt more revitalized than those who didn't. Imagining an action rouses the same areas of the brain as performing it, says study author Damian Stanley, Ph.D. Visualize proper form and invigorating scenery, he says.

GRUNT WORKS ANSWERS: A: Igor Andrejev; B: Rafael Nadal; C: Andre Agassi; D: Roger Federer; E: Novak Djokovic; F: John McEnroe; G: Robin Soderling