



BANK ON IT

For extra motivation to make it to that boot-camp class, reach for your wallet. People were significantly more likely to stick with a workout regimen when they got a \$5 weekly reward, according to recent research from the University of Toronto. "Most benefits of regular exercise, such as weight loss and improved health, aren't immediate," says Marc Mitchell, lead author of the study. "But a cash award provides instant gratification." Researchers found it was most effective when you pay a third party and earn it back; try swapping \$100 with a pal and give each other \$5 every time you break a sweat. If you skip a session, donate that day's reward to a charity.

47 Percent of health club members who go to the gym at least 100 times a year

SOURCE: INTERNATIONAL HEALTH, RACQUET & SPORTSCLUB ASSOCIATION

Home sweat home *Personal training at a nice price is just a click away with these interactive websites.*

MYTAILORED FITNESS.COM

As the name suggests, this site features customizable exercise videos. Create your own workout by choosing warm-up, strength-training, cardio, and cool-down clips (segments run between 2.5 and 15 minutes), or let an instructor craft a routine for you. Packages start at \$19 a month and include nutritional advice as well as regular email and phone check-ins with a trainer.

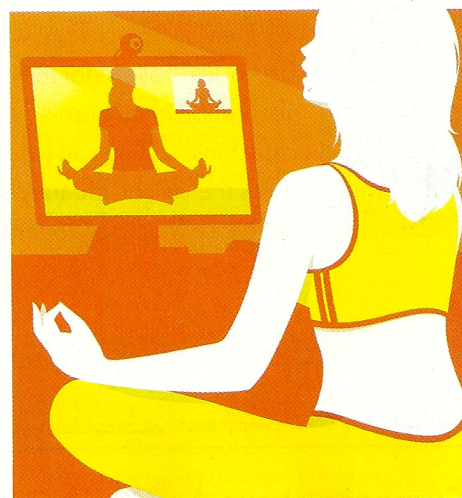
MYBODWELLNESS.COM

If you can't find private Pilates or yoga classes in your neck of the woods, head here. The website's one-on-one sessions (from \$43 each) are a deal compared with most studios—and they give you instant personal attention from an instructor via Skype, Google+, or FaceTime. Sign up for "duet" classes with a friend and get an even better deal: just \$27 a workout per person.

DOWNSIZEFITNESS.COM/ATHOME

Overweight exercisers can train at home with a small group, thanks to a new live program from this site, exclusively for people with at least 50 pounds to lose. A trainer leads you and up to eight other exercisers through a 60-minute strength and cardio workout. Become a member (\$99 a month) to get unlimited classes and weekly nutritional coaching, or pay \$9 per session.

—Christina Clemente



Photograph by Jenny Gage and Brett Ertion/Think Archive; Illustration by Paul Oakley