

**TRAVEL**  
Tri-Valley: Bay  
Area Hidden Gem

**CULTURE**  
Black History  
Month

**GEAR UP**  
Smart Tools for  
Staying Fit

**ADVENTURE**  
Salt Lake City's  
Perfect Powder

# U.S. AIRWAYS

Magazine

★  
**ELEUTHERA**  
ISLAND JEWEL  
IN THE BAHAMAS  
★

A STAR ALLIANCE MEMBER



# FITNESS FIRST!

★ *Stay in shape — and have fun — with these smart tools for your workouts.*

By Lynn Coulter



## Mindful Living

Good health isn't just about moving your body; it's also about reducing stress and learning to feel more calm and balanced. The **Inner Balance Sensor for iOS** can help modify your reaction to stress, give insight into moods, and help track your progress. Simply plug the sensor into your Apple device, connect the ear piece to your ear, and tap the space below the breath pacer, to begin. During each session, you're coached on how to regulate your breathing and rest your mind, much like a form of meditation. The benefits: increased energy, reduced anxiety, and improved memory and decision-making. **\$99 and up** [heartmath.com](http://heartmath.com)



## Hearing Is Believing

Push-ups are tough — and they're a lot tougher if you're tangled in your headphone cord. Wireless **UberBuds** allow you to count reps while working out to your favorite music. Stop your tunes to take any phone call, and then play on. Designed for outdoor use, these lightweight, Bluetooth ear buds work with iPhones or Android devices to provide clear, clean audio. The headphones come with small, medium, and large tips to fit your ears. You also get a set of detachable UberStays that hug your ears to help keep the buds in place. Expect up to eight hours of playtime on a charge; then use the lithium ion battery and BudClip to juice up again. **\$130** [musemini.com](http://musemini.com)

## Smart Mounts

Unless you're in a velodrome, it helps to have GPS technology when you're biking. The **BikeConsole Power Plus Mount** is a heavy-duty smartphone case that attaches to your handlebars so you can easily access your device's maps, camera, fitness tracking apps, and more. The case is built to protect your phone from water, shock, and impact, and it comes with a rechargeable battery. Need a

mount capable of recharging a tablet or dedicated GPS device?

Choose the **Bike-Charge Power Pack**.

Mount this weather-resistant charger on your bike frame, or slip it in a bag or pocket.

BikeConsole Power Plus, **\$70 and up**  
BikeCharge Power Pack, **\$60**

[bike2power.com](http://bike2power.com)



**iPhone 5  
BikeConsole  
Power Plus Mount**