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Write your way to weight loss
A 2004 study at the UC Berkeley found that Americans spend more time driving cars and watching television than they do exercising. Are you one of them? Find out by journaling your exercise habits. Grab a pedometer and pick up Step on it! A Food and Walking Journal. Created by health care professionals, the journal is a 30-day program to promote walking for exercise and maintaining a healthy diet. Each day you write your food and water intake and the number of steps you take in the handy, pocket-sized journal. The bonus — added health information on subjects like eating, cholesterol and weight management. ($3.95, www.pocketreferencejournals.com) — Melissa Lamkin

A quick patch-me-up
Forget energy drinks — a new technology by Life Wave promises to up your energy and stamina, just by wearing a small patch on your skin. The energy enhancer patches contain amino acids, water, stabilized oxygen and organics combined to “communicate” with the body through the human electro-magnetic field. What does that mean for you? Constant and stable levels of energy throughout the day, without the coffee. www.energyrich.com