

# Find the Right Exercise Video

These Internet review sites can help you make the best choice.

WITH HUNDREDS TO CHOOSE FROM, PICKING A WORKOUT THAT IS RIGHT FOR YOU CAN BE TOUGH. Exercise video and DVD review Web sites can help you narrow the choices.

Janiss Garza, a Los Angeles exercise consultant, launched the "Your Exercise DVDs" ([www.youexercisedvds.com](http://www.youexercisedvds.com)) Web site in mid-2006 after serving as About.com's producer, editor and writer of its yoga guide. DVDs are judged on their effectiveness, safety and quality, and the appropriate fitness level is noted for each routine. Garza includes both professional and user opinions to provide a good sense of what to expect. Selections include more than 270 toning, cardio, yoga, Pilates and mind-body exercise DVDs. You can search by category or key word. For example, a key word search for "knee" resulted in 17 listings with information on whether the exercises in each video were helpful or harmful for people with knee pain.

"I try to put in a lot of beginner's videos," says Garza, who recommends people with arthritis who are just starting to exercise search for words such as "beginner," "basic" and

"gentle." Be sure to check with your doctor or physical therapist before beginning any program.

Paula Z's "Exercise Video and DVD Reviews" features this American Council of Exercise-certified personal trainer's reviews of more than 200 videos and DVDs in 13 categories ([www.exercisevideosreviews.com](http://www.exercisevideosreviews.com)). Videos are evaluated on safety and effectiveness, fitness level, thoroughness of instruction, move transitions and whether they are motivating and entertaining. There's also advice on how to "read" a video by its cover.



Although neither Web site cited here includes arthritis-specific fitness videos and DVDs, the Arthritis Foundation's site ([www.arthritis.org](http://www.arthritis.org)) does. The 60-minute "Take Control With Exercise" DVD (also available on VHS), with two endurance routines for varying fitness levels, can complement a home fitness collection, whether you are a newcomer to exercise or just want a different routine.

—LISSA POIROT

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