

WomansDay
GREAT VALUE awards
 2016

HEALTH



READER TESTER
"I felt like I got a deep tissue massage from the ripples on this foam roller."
INDIA BRADDOCK, St. Louis



SOFT MUSCLE SOLUTION

Roll away aches with the Gaiam Restore Deep Tissue Roller (\$34.99; gaiam.com). The wavy texture is designed to sink into your muscles to relieve pain on the spot.



Go-Dry Cool 1/4-Zip Pullover, \$26.94; oldnavy.com

CUTE WORKOUT CLOTHES

Figure-flattering and super-comfy, Old Navy Active Wear (\$9.94 to \$39.94; oldnavy.com, Sizes XS to XXL) includes moisture-wicking pullovers, pants, sports bras, and more in of-the-moment designs.

Go-Dry High-Rise Printed Compression Crop, \$29.94; oldnavy.com

DRY BLOOD PRESSURE MONITOR

Check your numbers at home or on the go with **QardioArm** (\$99; getqardio.com). Slip the device over your arm and your blood pressure reading pops up on your phone through the free companion app.



READER TESTER
"This thermometer is great for taking a sick child's temperature while they're napping."
TRACY STALZER
 Evergreen, CO

POINT-AND-CLICK THERMOMETER

Probe no more! Aim the super-slim **ARC Devices InstaTemp Thermometer** (\$39.99; arcdevices.com) about an inch away from the forehead and push the button for an accurate digital reading in an instant.



A PERSONAL TRAINER

Want to run a 5K race—or 30 minutes nonstop? The **Couch to 5K (C25K) app** (free with ads; Android, iTunes) can coach you there in just eight weeks. This doable three-times-a-week program includes alerts that prompt you to run, then walk, for the best results.

GUILT-FREE DRINK

Ditch sugary soda and treat yourself to a **LaCroix Sparkling Water** (from \$3.99 for an 8-pack; lacroixwater.com). It's calorie- and sweetener-free, lightly carbonated, and comes in refreshing natural flavors like tangerine and grapefruit.



BLOOD PRESSURE MONITOR AND DRINKS: STUART TYSON/STUDIO D.