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THINK SMART

Helpful tips for your everyday life

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FitSmart

JORGE CRUISE

Exercise wherever you are

During winter, even thinking about dragging yourself to the gym can be daunting. Instead, try some of the many portable training options. "Portable personal training is an affordable and convenient option," says Jen Lesea-Ames, president of [FitwiseTraining.com](#). "The emerging trend is downloadable [MP3] exercise audio files or exercise video clips that can be uploaded to an iPod or smartphone."

You can find video or audio instruction on activities such as yoga, weight lifting, stretching, Pilates, tai chi and just about any other exercise method you'd like to try. Some companies have one-time fees for downloads, and others, like [iTrain.com](#) and [FitwiseTraining.com](#), offer a variety of package deals that are billed monthly or by program. Either way, such training can be much less expensive than hiring a one-on-one personal trainer.

"Portable fitness training bridges the gap of providing exercise instruction in an accessible, affordable manner that can be used anytime, anywhere," Lesea-Ames says. But to ensure proper exercise technique, she adds, "make sure that the exercise instruction has been done by certified personal trainers or fitness experts."

If the screen on your portable video player is too small to view exercises easily, try playing the video on your desktop computer, laptop or on your TV.

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