

NEW FITNESS SECRET

COOL DOWN, GO FASTER. WE SHOW YOU HOW.

Outside

BREAKTHROUGH SCIENCE

LIVE THE ACTIVE LIFE

THIS IS YOUR BRAIN ON NATURE

HOW GETTING OUTSIDE MAKES YOU

→ Smarter
→ Happier
→ Want to Fix the D1

POWER PACKED

Training with a power meter can yield significant performance gains, allowing you to tailor your workouts to correspond to the exact energy needs of the race you're prepping for. But at \$1,000 and up, the technology has been prohibitive for most cyclists. CycleOps' Power Cal, which debuted this fall, changes that. Though it looks like a standard heart-rate strap, the Power Cal parses your heart rate and data from a 20-minute baseline test to extrapolate your power output. It's not as accurate as a hub-based meter, but at \$250 it's poised to bring the technology to the masses. cycleops.com

Sweat Energy Eco-tech has officially hit the gym. Exercise-equipment manufacturer SportsArt Fitness has designed an inverter that attaches to elliptical machines and feeds energy generated by gym patrons back into the power grid. Called, naturally, the Green System, each unit can produce up to 2,000 watts per hour—enough to run six washing machines for an hour. No word yet on whether members get reimbursed based on monthly wattage output. sportsartamerica.com



The percentage increase in muscle-protein synthesis, according to a recent study, that participants experienced after consuming large amounts of

the essential amino acid leucine, which is found in whey protein. The study appeared in *The American Journal of Clinical Nutrition* alongside a second article that determined that high doses of whey protein, a by-product of cheese production, consumed immediately after exercise

was much more effective at building muscle than an equal amount spread out over an extended period. The studies add to a growing body of research confirming that whey protein taken immediately after working out is one of the best ways to recover and build muscle.

120 Outside

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WHERE TO SKI NOW

THE ULTIMATE GUIDE TO PERFECT POWDER