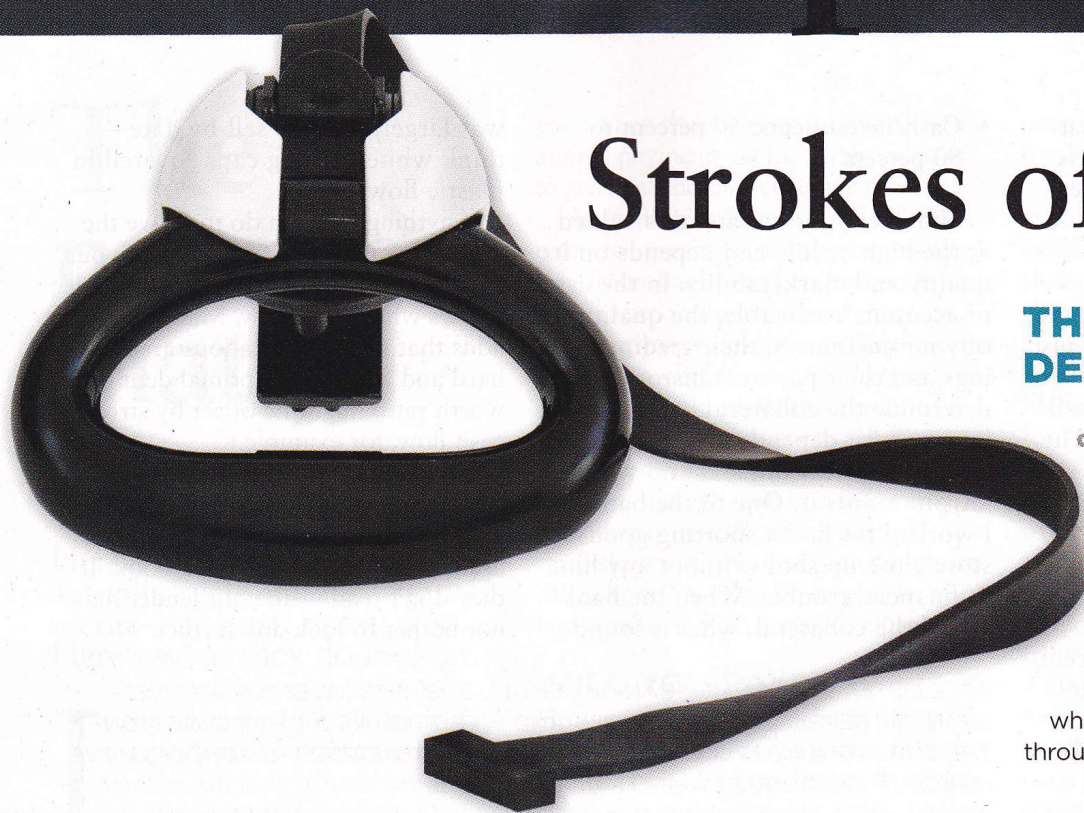


start it up



Strokes of genius

THE COMPACTIX DESKMATE

compactix.com

This exercise contraption (\$30) clamps to the edge of your desk and works your arms, back, shoulders and chest through five to 20 minutes a day of light resistance training. Sure, people might gawk a little—but not nearly as much as they will when they see those rippling biceps through your casual Friday shirt.

SWAPYOURSHOP

swapyourshop.com

If the world were run by Brazilians with their 41 days of paid holiday, we could all go on extended travel and still come back to our jobs. Alas, no. But a SwapYourShop service offers an alternative: Sign up and find someone you can swap your office and living spaces with—like the first pair of swap-

pers between Brooklyn, N.Y., and Valencia, Spain. Telecommuting from a location in the same country is so last year.

swap
your
shop

PSI BANDS

psibands.com

A day at the office is enough to make anyone queasy—but not if you have a Psi Band (around \$15), an adjustable plastic wristband with a dial that stimulates a pressure point clinically proven to help relieve nausea. The look may say “hospital outpatient” but it’s not as bad as losing your lunch.

